

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin K (phylloquinone) (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 20, 2015 14:58 EDT

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
02003	Spices, basil, dried	1 714,50
02038	Spices, sage, ground	1 714,50
02042	Spices, thyme, dried	1 714,50
11297	Parsley, fresh	1 640,00
02012	Spices, coriander leaf, dried	1 359,50
02029	Spices, parsley, dried	1 359,50
11003	Amaranth leaves, raw	1 140,00
11236	Kale, frozen, cooked, boiled, drained, without salt	882,00
11791	Kale, frozen, cooked, boiled, drained, with salt	882,00
11147	Chard, swiss, raw	830,00
11234	Kale, cooked, boiled, drained, without salt	817,00
02034	Spices, poultry seasoning	805,40
11207	Dandelion greens, raw	778,40
11233	Kale, raw	704,80
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	623,20
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	623,20
02023	Spices, marjoram, dried	621,70
02027	Spices, oregano, dried	621,70
11271	Mustard greens, cooked, boiled, drained, without salt	592,70
11799	Mustard greens, cooked, boiled, drained, with salt	592,70
11208	Dandelion greens, cooked, boiled, drained, without salt	551,40
11203	Cress, garden, raw	541,90
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	540,70
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	540,70
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	518,90
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	518,90
35205	Stinging Nettles, blanched (Northern Plains Indians)	498,60
11245	Lambsquarters, cooked, boiled, drained, without salt	494,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11794	Lambsquarters, cooked, boiled, drained, with salt	494,20
11458	Spinach, cooked, boiled, drained, without salt	493,60
11854	Spinach, cooked, boiled, drained, with salt	493,60
11087	Beet greens, cooked, boiled, drained, without salt	484,00
11736	Beet greens, cooked, boiled, drained, with salt	484,00
11457	Spinach, raw	482,90
11461	Spinach, canned, regular pack, drained solids	461,60
11161	Collards, raw	437,10
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	415,10
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	415,10
02044	Basil, fresh	414,80
11162	Collards, cooked, boiled, drained, without salt	406,60
11768	Collards, cooked, boiled, drained, with salt	406,60
11086	Beet greens, raw	400,00
11204	Cress, garden, cooked, boiled, drained, without salt	383,40
11781	Cress, garden, cooked, boiled, drained, with salt	383,40
11459	Spinach, canned, regular pack, solids and liquids	380,80
11855	Spinach, canned, no salt added, solids and liquids	380,80
11463	Spinach, frozen, chopped or leaf, unprepared	372,00
11569	Turnip greens, cooked, boiled, drained, without salt	367,60
11891	Turnip greens, cooked, boiled, drained, with salt	367,60
11782	Dandelion greens, cooked, boiled, drained, with salt	358,90
11157	Chrysanthemum, garland, raw	350,00
35196	Lambsquarters, raw (Northern Plains Indians)	346,60
11276	New Zealand spinach, raw	337,00
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	335,10
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	335,10
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	328,60
11148	Chard, swiss, cooked, boiled, drained, without salt	327,30
11765	Chard, swiss, cooked, boiled, drained, with salt	327,30
11165	Coriander (cilantro) leaves, raw	310,00
11505	Sweet potato leaves, raw	302,20
11152	Chicory greens, raw	297,60
11277	New Zealand spinach, cooked, boiled, drained, without salt	292,00
11802	New zealand spinach, cooked, boiled, drained, with salt	292,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
43387	Turnip greens, canned, no salt added	287,00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	269,70
11270	Mustard greens, raw	257,50
11097	Broccoli raab, cooked	256,00
11952	Radicchio, raw	255,20
11568	Turnip greens, raw	251,00
11591	Watercress, raw	250,00
11213	Endive, raw	231,00
11096	Broccoli raab, raw	224,00
11156	Chives, raw	212,70
11214	Escarole, cooked, boiled, drained, no salt added	211,90
11291	Onions, spring or scallions (includes tops and bulb), raw	207,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	197,60
03127	Babyfood, vegetables, spinach, creamed, strained	196,70
06627	Sauce, pesto, ready-to-serve, shelf stable	193,80
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	193,80
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	193,50
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	193,50
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	191,90
04044	Oil, soybean, salad or cooking	183,90
04531	Oil, soybean lecithin	183,90
04650	Oil, industrial, soy, refined, for woks and light frying	183,90
04669	USDA Commodity Food, oil, vegetable, soybean, refined	183,90
04699	Oil, industrial, soy, low linolenic	183,90
04700	Oil, industrial, soy, ultra low linolenic	183,90
04701	Oil, industrial, soy, fully hydrogenated	183,90
11098	Brussels sprouts, raw	177,00
02030	Spices, pepper, black	163,70
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	163,10
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	163,10
04025	Salad dressing, mayonnaise, regular	163,00
11292	Onions, young green, tops only	156,30
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	155,10
20126	Spaghetti, spinach, dry	151,50
06626	Sauce, pesto, ready-to-serve, refrigerated	151,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	151,10
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	142,70
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	142,70
02011	Spices, cloves, ground	141,80
11091	Broccoli, cooked, boiled, drained, without salt	141,10
11742	Broccoli, cooked, boiled, drained, with salt	141,10
11099	Brussels sprouts, cooked, boiled, drained, without salt	140,30
11257	Lettuce, red leaf, raw	140,30
11745	Brussels sprouts, cooked, boiled, drained, with salt	140,30
04639	Salad dressing, ranch dressing, regular	134,30
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	129,30
11658	Spinach souffle	126,50
11253	Lettuce, green leaf, raw	126,30
43143	Cabbage, japanese style, fresh, pickled	125,90
42137	Salad dressing, peppercorn dressing, commercial, regular	125,20
14654	Beverages, nutritional shake mix, high protein, powder	125,00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	122,00
04120	Salad dressing, french dressing, commercial, regular	121,40
04141	Salad dressing, french dressing, commercial, regular, without salt	121,40
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	120,00
11634	Peppers, sweet, green, freeze-dried	118,60
43144	Cabbage, mustard, salted	115,60
11931	Peppers, sweet, red, freeze-dried	114,20
11110	Cabbage, cooked, boiled, drained, without salt	108,70
11751	Cabbage, common, cooked, boiled, drained, with salt	108,70
11506	Sweet potato leaves, cooked, steamed, without salt	108,60
11520	Taro leaves, raw	108,60
11874	Sweet potato leaves, cooked, steamed, with salt	108,60
11959	Arugula, raw	108,60
11974	Grape leaves, raw	108,60
11962	Peppers, hot chile, sun-dried	108,20
11223	Drumstick leaves, cooked, boiled, drained, without salt	108,00
11232	Jute, potherb, cooked, boiled, drained, without salt	108,00
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	108,00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	108,00

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11683	Carrot, dehydrated	108,00
11786	Drumstick leaves, cooked, boiled, drained, with salt	108,00
11789	Jute, potherb, cooked, boiled, drained, with salt	108,00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	108,00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	108,00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	106,20
02009	Spices, chili powder	105,70
43015	Salad dressing, caesar dressing, regular	104,80
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	102,80
11251	Lettuce, cos or romaine, raw	102,50
11250	Lettuce, butterhead (includes boston and bibb types), raw	102,30
11090	Broccoli, raw	101,60
11094	Broccoli, frozen, spears, unprepared	101,40
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	101,30
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	101,30
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	101,30
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	101,30
04630	Margarine Spread, approximately 48% fat, tub	101,30
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	101,30
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	101,30
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	101,30
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	101,30
20112	Noodles, egg, spinach, enriched, cooked	101,10
02015	Spices, curry powder	99,80
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	99,50
04135	Salad dressing, home recipe, vinegar and oil	98,80
11975	Grape leaves, canned	97,30
43017	Salad dressing, green goddess, regular	96,70
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	96,20
04610	Margarine, regular, 80% fat, composite, stick, with salt	93,00
04617	Margarine, regular, 80% fat, composite, stick, without salt	93,00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	93,00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	93,00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	93,00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	93,00

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04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	93,00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	93,00
04611	Margarine, regular, 80% fat, composite, tub, with salt	91,70
04618	Margarine, regular, 80% fat, composite, tub, without salt	91,70
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	91,70
42153	Salad dressing, blue or roquefort cheese dressing, light	91,00
27066	Sauce, horseradish	90,90
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	90,00
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	88,10
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	88,10
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	88,10
36025	CRACKER BARREL, coleslaw	88,10
04585	Margarine-like, margarine-butter blend, soybean oil and butter	86,50
36028	DENNY'S, coleslaw	86,10
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	85,90
11969	Broccoli, chinese, cooked	84,80
11945	Pickle relish, sweet	83,80
11092	Broccoli, frozen, chopped, unprepared	81,10
02028	Spices, paprika	80,30
02031	Spices, pepper, red or cayenne	80,30
11019	Asparagus, frozen, cooked, boiled, drained, without salt	80,00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	80,00
36035	Restaurant, family style, coleslaw	79,00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	76,70
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	76,30
11109	Cabbage, raw	76,00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	75,00
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	75,00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	74,60
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	74,60
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	74,00
03298	Babyfood, dinner, broccoli and chicken, junior	73,50
04582	Oil, canola	71,30
04644	Oil, industrial, canola for salads, woks and light frying	71,30
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	71,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
04698	Oil, industrial, canola, high oleic	71,30
16116	Soy flour, full-fat, roasted	71,00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	70,90
21127	Fast foods, coleslaw	70,90
21420	KFC, Coleslaw	70,90
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	70,90
11453	Soybeans, mature seeds, sprouted, cooked, steamed	70,60
07006	Bockwurst, pork, veal, raw	70,20
04703	Salad dressing, honey mustard, regular	70,00
16115	Soy flour, full-fat, raw	70,00
18229	Crackers, standard snack-type, regular	69,30
04017	Salad dressing, thousand island, commercial, regular	69,10
43331	Salad dressing, bacon and tomato	69,10
11114	Cabbage, savoy, raw	68,80
06981	Soup, bouillon cubes and granules, low sodium, dry	66,90
11445	Seaweed, kelp, raw	66,00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	65,80
36021	APPLEBEE'S, coleslaw	65,10
43016	Salad dressing, coleslaw	63,70
11957	Fennel, bulb, raw	62,80
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	61,60
42151	Vegetable oil-butter spread, reduced calorie	61,10
04053	Oil, olive, salad or cooking	60,20
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	60,00
09291	Plums, dried (prunes), uncooked	59,50
09163	Blueberries, dried, sweetened	59,40
36601	Restaurant, Chinese, egg rolls, assorted	58,90
11062	Beans, snap, green, frozen, all styles, microwaved	57,70
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	57,60
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	56,70
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	56,60
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	56,60
04687	Margarine-like spread, BENECOL Light Spread	56,50
04016	Salad dressing, sesame seed dressing, regular	56,00
04114	Salad dressing, italian dressing, commercial, regular	56,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
04143	Salad dressing, italian dressing, commercial, regular, without salt	56,00
21130	Fast foods, onion rings, breaded and fried	55,80
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	55,50
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	55,00
36626	Restaurant, Chinese, chicken and vegetables	54,70
12147	Nuts, pine nuts, dried	53,90
04015	Salad dressing, russian dressing	53,70
04641	Salad dressing, mayonnaise, light	53,70
04708	Mayonnaise, reduced fat, with olive oil	53,70
42178	Mayonnaise, made with tofu	53,40
04615	Shortening, vegetable, household, composite	53,20
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	52,50
36620	Restaurant, Chinese, shrimp and vegetables	52,00
06584	Soup, broccoli cheese, canned, condensed, commercial	51,80
36603	Restaurant, Chinese, beef and vegetables	51,30
11012	Asparagus, cooked, boiled, drained	50,60
11705	Asparagus, cooked, boiled, drained, with salt	50,60
36031	DENNY'S, onion rings	50,60
16110	Soybeans, mature seeds, roasted, salted	50,40
27049	Sauce, tartar, ready-to-serve	50,40
04704	Salad dressing, poppyseed, creamy	50,20
18621	NABISCO, NABISCO RITZ Crackers	50,00
11280	Okra, frozen, unprepared	49,40
11053	Beans, snap, green, cooked, boiled, drained, without salt	47,90
11723	Beans, snap, green, cooked, boiled, drained, with salt	47,90
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	47,90
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	47,90
11281	Okra, frozen, cooked, boiled, drained, without salt	47,80
11804	Okra, frozen, cooked, boiled, drained, with salt	47,80
11113	Cabbage, red, cooked, boiled, drained, without salt	47,60
11752	Cabbage, red, cooked, boiled, drained, with salt	47,60
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	47,10
11246	Leeks, (bulb and lower leaf-portion), raw	47,00
11941	Pickles, cucumber, sour	47,00
11946	Pickles, cucumber, sour, low sodium	47,00

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16108	Soybeans, mature seeds, raw	47,00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	46,80
14058	Beverages, Whey protein powder isolate	46,50
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	46,10
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	46,00
18376	Bread crumbs, dry, grated, seasoned	46,00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	46,00
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	46,00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	46,00
11116	Cabbage, chinese (pak-choi), raw	45,50
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	45,10
11730	Beans, snap, yellow, frozen, all styles, unprepared	45,00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	45,00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	45,00
11060	Beans, snap, green, frozen, all styles, unprepared	44,80
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	44,50
15119	Fish, tuna, light, canned in oil, drained solids	44,00
11118	Cabbage, kimchi	43,60
11722	Beans, snap, yellow, raw	43,20
36007	T.G.I. FRIDAY'S, french fries	43,10
03938	Infant formula, PBM PRODUCTS, store brand, powder	43,00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	43,00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	43,00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	43,00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	43,00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	43,00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	43,00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	43,00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	43,00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	43,00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	43,00
11052	Beans, snap, green, raw	43,00
11955	Tomatoes, sun-dried	43,00
11119	Cabbage, chinese (pe-tsai), raw	42,90
36036	Restaurant, family style, onion rings	42,60

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03091	Babyfood, vegetables, green beans, strained	42,40
04018	Salad dressing, mayonnaise type, regular, with salt	42,20
04027	Salad dressing, mayonnaise, imitation, soybean	42,20
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	42,20
42289	Oil, corn and canola	42,20
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	42,10
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	42,10
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	42,10
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	42,00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	42,00
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	41,60
11011	Asparagus, raw	41,60
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	41,40
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	41,30
11015	Asparagus, canned, drained solids	41,30
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	41,10
36022	APPLEBEE'S, crunchy onion rings	41,10
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	41,00
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	41,00
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	41,00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	41,00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	41,00
11141	Celeriac, raw	41,00
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	41,00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	41,00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	41,00
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	40,90
11973	Beans, fava, in pod, raw	40,90
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	40,80
09148	Kiwifruit, green, raw	40,30
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	40,10
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	40,00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	40,00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	40,00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	40,00

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11279	Okra, cooked, boiled, drained, without salt	40,00
11803	Okra, cooked, boiled, drained, with salt	40,00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	40,00
43019	Salad dressing, sweet and sour	39,60
42230	Salad Dressing, coleslaw dressing, reduced fat	39,50
22955	Egg rolls, vegetable, frozen, prepared	39,40
11932	Beans, snap, yellow, canned, regular pack, drained solids	39,30
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	39,20
11707	Asparagus, canned, no salt added, solids and liquids	39,00
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	39,00
11056	Beans, snap, green, canned, regular pack, drained solids	38,90
11729	Beans, snap, green, canned, no salt added, drained solids	38,90
11933	Beans, snap, yellow, canned, no salt added, drained solids	38,90
11112	Cabbage, red, raw	38,20
36618	Restaurant, Chinese, general tso's chicken	38,20
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	38,10
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	38,10
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	38,10
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	38,10
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	38,00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	38,00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	38,00
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	38,00
11144	Celery, cooked, boiled, drained, without salt	37,80
11764	Celery, cooked, boiled, drained, with salt	37,80
16111	Soybeans, mature seeds, dry roasted	37,00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	36,80
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	36,80
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	36,80
25051	Snacks, CLIF BAR, mixed flavors	36,80
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	36,70
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	36,60
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	36,10
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	36,10
36026	CRACKER BARREL, onion rings, thick-cut	36,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
28292	Crackers, multigrain	36,00
36014	Restaurant, family style, french fries	35,90
36612	DENNY'S, golden fried shrimp	35,30
04640	Salad dressing, ranch dressing, reduced fat	34,80
28301	Cookies, peanut butter, commercially prepared, sugar free	34,80
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	34,80
43215	Salad dressing, buttermilk, lite	34,80
12085	Nuts, cashew nuts, dry roasted, without salt added	34,70
12086	Nuts, cashew nuts, oil roasted, without salt added	34,70
12585	Nuts, cashew nuts, dry roasted, with salt added	34,70
12586	Nuts, cashew nuts, oil roasted, with salt added	34,70
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	34,10
12087	Nuts, cashew nuts, raw	34,10
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	34,00
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	34,00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	34,00
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	33,70
43447	Snacks, corn-based, extruded, chips, unsalted	33,60
36002	APPLEBEE'S, french fries	33,40
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	33,30
11043	Mung beans, mature seeds, sprouted, raw	33,00
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	33,00
06101	Soup, cream of vegetable, dry, powder	32,90
36030	DENNY'S, hash browns	32,60
36039	Restaurant, family style, hash browns	32,60
18972	Bread, cheese	32,40
36016	Restaurant, family style, shrimp, breaded and fried	32,20
36607	CRACKER BARREL, steak fries	32,10
09447	Plantains, yellow, fried, Latino restaurant	31,80
11197	Cowpeas, young pods with seeds, raw	31,50
11211	Edamame, frozen, unprepared	31,40
11278	Okra, raw	31,30
02010	Spices, cinnamon, ground	31,20
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	31,20
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	31,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11001	Alfalfa seeds, sprouted, raw	30,50
12588	Nuts, cashew butter, plain, with salt added	30,30
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	30,20
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	30,20
18963	Garlic bread, frozen	29,50
03044	Babyfood, dinner, macaroni and tomato and beef, strained	29,30
09307	Rhubarb, raw	29,30
09309	Rhubarb, frozen, uncooked	29,30
11143	Celery, raw	29,30
16112	Miso	29,30
36001	APPLEBEE'S, Double Crunch Shrimp	29,10
11054	Beans, snap, green, canned, regular pack, solids and liquids	29,00
18213	Cookies, vanilla wafers, higher fat	29,00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	28,90
36610	DENNY'S, french fries	28,80
25027	Snacks, plantain chips, salted	28,60
02035	Spices, pumpkin pie spice	28,40
36015	Restaurant, family style, chicken fingers, from kid's menu	28,00
11312	Peas, green, frozen, unprepared	27,90
36622	Restaurant, Chinese, sweet and sour pork	27,90
28331	Crackers, flavored, fish-shaped	27,70
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	27,70
04023	Salad dressing, thousand island dressing, reduced fat	27,60
28325	Crackers, toast thins, low sodium	27,60
18166	Cookies, chocolate sandwich, with creme filling, regular	27,40
18235	Crackers, whole-wheat	27,20
36633	Restaurant, Chinese, sesame chicken	27,10
11212	Edamame, frozen, prepared	26,70
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	26,60
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	26,20
09292	Plums, dried (prunes), stewed, without added sugar	26,10
11305	Peas, green, cooked, boiled, drained, without salt	25,90
11811	Peas, green, cooked, boiled, drained, with salt	25,90
18208	Cookies, sugar, prepared from recipe, made with margarine	25,90
35203	Rose Hips, wild (Northern Plains Indians)	25,90

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
36416	Restaurant, Latino, bunuelos (fried yeast bread)	25,80
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	25,60
11667	Seaweed, spirulina, dried	25,50
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	25,40
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	25,40
18228	Crackers, saltines (includes oyster, soda, soup)	25,40
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	25,40
36611	DENNY'S, mozzarella cheese sticks	25,40
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	25,10
36005	APPLEBEE'S, chicken tenders, from kids' menu	25,10
11300	Peas, edible-podded, raw	25,00
11301	Peas, edible-podded, boiled, drained, without salt	25,00
11809	Peas, edible-podded, cooked, boiled, drained, with salt	25,00
11304	Peas, green, raw	24,80
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	24,70
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	24,70
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	24,70
04037	Oil, rice bran	24,70
04038	Oil, wheat germ	24,70
04501	Oil, cocoa butter	24,70
04502	Oil, cottonseed, salad or cooking	24,70
04513	Vegetable oil, palm kernel	24,70
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	24,70
04588	Oil, oat	24,70
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	24,70
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	24,70
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	24,70
04652	Oil, industrial, soy (partially hydrogenated), all purpose	24,70
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	24,70
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	24,70
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	24,70
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	24,70
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	24,70
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	24,70
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	24,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	24,70
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	24,70
04702	Oil, industrial, cottonseed, fully hydrogenated	24,70
18950	Crackers, wheat, reduced fat	24,70
36606	CRACKER BARREL, farm raised catfish platter	24,70
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	24,70
42193	Salad Dressing, mayonnaise-like, fat-free	24,70
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	24,70
43355	Mayonnaise, low sodium, low calorie or diet	24,70
43598	Mayonnaise dressing, no cholesterol	24,70
02054	Capers, canned	24,60
03283	Babyfood, vegetables, garden vegetable, strained	24,50
18237	Cream puff shell, prepared from recipe	24,50
25012	Snacks, sweet potato chips, unsalted	24,50
36617	Restaurant, Chinese, lemon chicken	24,40
36629	Restaurant, Chinese, orange chicken	24,40
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	24,20
11252	Lettuce, iceberg (includes crisphead types), raw	24,10
11313	Peas, green, frozen, cooked, boiled, drained, without salt	24,00
11344	Pigeonpeas, immature seeds, raw	24,00
11814	Peas, green, frozen, cooked, boiled, drained, with salt	24,00
22954	Egg rolls, chicken, refrigerated, heated	23,80
21259	BURGER KING, Original Chicken Sandwich	23,70
18270	Hush puppies, prepared from recipe	23,60
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	23,60
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	23,50
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	23,50
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	23,40
16113	Natto	23,10
15155	Mollusks, abalone, mixed species, raw	23,00
36012	Restaurant, family style, fried mozzarella sticks	22,90
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	22,80
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	22,70
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	22,70
22953	Egg rolls, pork, refrigerated, heated	22,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	22,50
11298	Parsnips, raw	22,50
19912	Sweetener, syrup, agave	22,50
21258	BURGER KING, Premium Fish Sandwich	22,50
36621	Restaurant, Chinese, sweet and sour chicken	22,50
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	22,40
01264	Ice cream bar, stick or nugget, with crunch coating	22,30
36004	APPLEBEE'S, mozzarella sticks	22,20
03139	Babyfood, prunes, without vitamin c, strained	22,10
19411	Snacks, potato chips, plain, salted	22,10
19415	Snacks, potato sticks	22,10
19811	Snacks, potato chips, plain, unsalted	22,10
25064	Snacks, potato chips, lightly salted	22,10
06001	Soup, cream of asparagus, canned, condensed	22,00
32007	Taquitos, frozen, beef and cheese, oven-heated	22,00
36623	Restaurant, Chinese, chicken chow mein	22,00
31034	Peppers, hot pickled, canned	21,90
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	21,80
11286	Onions, yellow, sauteed	21,60
04544	Shortening, household, lard and vegetable oil	21,50
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	21,50
11813	Peas, green, canned, no salt added, drained solids	21,40
11339	Peppers, sweet, green, sauteed	21,30
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	21,20
09310	Rhubarb, frozen, cooked, with sugar	21,10
35204	Chokecherries, raw, pitted (Northern Plains Indians)	21,10
09037	Avocados, raw, all commercial varieties	21,00
09038	Avocados, raw, California	21,00
44005	Oil, corn, peanut, and olive	21,00
19056	Snacks, tortilla chips, plain, white corn, salted	20,90
19833	Snacks, tortilla chips, low fat, unsalted	20,90
11967	Cauliflower, green, cooked, no salt added	20,80
18386	Muffins, blueberry, toaster-type, toasted	20,80
21263	TACO BELL, Soft Taco with steak	20,80
11306	Peas, green, canned, regular pack, solids and liquids	20,70

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
18927	Crackers, cheese, sandwich-type with cheese filling	20,50
32024	Rice mix, cheese flavor, dry mix, unprepared	20,50
09259	Pears, dried, sulfured, uncooked	20,40
11965	Cauliflower, green, raw	20,20
09352	Blueberries, canned, light syrup, drained	19,90
09042	Blackberries, raw	19,80
09048	Blackberries, frozen, unsweetened	19,80
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	19,80
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	19,80
06043	Soup, cream of mushroom, canned, condensed	19,60
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	19,60
21252	BURGER KING, WHOPPER, no cheese	19,50
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	19,40
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	19,40
09050	Blueberries, raw	19,30
18277	Muffins, blueberry, toaster-type	19,30
21078	Fast foods, nachos, with cheese	19,30
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	19,30
16109	Soybeans, mature cooked, boiled, without salt	19,20
16409	Soybeans, mature seeds, cooked, boiled, with salt	19,20
21253	BURGER KING, WHOPPER, with cheese	19,10
16027	Beans, kidney, all types, mature seeds, raw	19,00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	18,90
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	18,80
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	18,80
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	18,60
11979	Peppers, jalapeno, raw	18,50
18966	Crackers, saltines, whole wheat (includes multi-grain)	18,30
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	18,30
11581	Vegetables, mixed, canned, drained solids	18,20
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	18,20
19013	Snacks, fruit leather, pieces	18,20
19014	Snacks, fruit leather, rolls	18,20
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	18,20
11224	Hyacinth-beans, immature seeds, raw	18,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	18,10
03122	Babyfood, peas, dices, toddler	18,00
19524	Snacks, taro chips	18,00
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	17,90
18961	Crackers, cream, GAMESA SABROSAS	17,90
04020	Salad dressing, french dressing, reduced fat	17,80
22956	Lasagna, Vegetable, frozen, baked	17,80
09055	Blueberries, frozen, sweetened	17,70
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	17,70
22978	Chicken tenders, breaded, frozen, prepared	17,70
11130	Carrots, frozen, unprepared	17,60
27052	Dip, salsa con queso, cheese and salsa- medium	17,60
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	17,50
25040	Snacks, vegetable chips, made from garden vegetables	17,50
18388	Muffins, wheat bran, toaster-type with raisins, toasted	17,40
21422	KFC, Popcorn Chicken	17,40
11937	Pickles, cucumber, dill or kosher dill	17,30
11947	Pickles, cucumber, dill, reduced sodium	17,30
06010	Soup, cream of celery, canned, condensed	17,20
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	17,00
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	16,90
32006	Taquitos, frozen, chicken and cheese, oven-heated	16,90
14056	Beverages, Acai berry drink, fortified	16,70
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	16,70
11812	Peas, green, canned, no salt added, solids and liquids	16,50
09054	Blueberries, frozen, unsweetened	16,40
09286	Pomegranates, raw	16,40
11205	Cucumber, with peel, raw	16,40
11921	Peppers, sweet, red, sauteed	16,40
18944	Pie, Dutch Apple, Commercially Prepared	16,40
19404	Snacks, granola bars, soft, uncoated, chocolate chip	16,40
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	16,40
18211	Puff pastry, frozen, ready-to-bake, baked	16,30
18337	Puff pastry, frozen, ready-to-bake	16,10
19042	Snacks, potato chips, barbecue-flavor	16,10

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	16,10
11424	Pumpkin, canned, without salt	16,00
11846	Pumpkin, canned, with salt	16,00
21238	McDONALD'S, french fries	16,00
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	16,00
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	15,90
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	15,80
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	15,80
09246	Peaches, dried, sulfured, uncooked	15,70
43572	Popcorn, microwave, low fat and sodium	15,70
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15,60
09094	Figs, dried, uncooked	15,60
03121	Babyfood, vegetables, peas, strained	15,50
11135	Cauliflower, raw	15,50
11655	Carrot juice, canned	15,50
18324	Pie, pecan, commercially prepared	15,50
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	15,50
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	15,40
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	15,40
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	15,40
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	15,30
21260	TACO BELL, Original Taco with beef, cheese and lettuce	15,30
09043	Blackberry juice, canned	15,20
18964	Cinnamon buns, frosted (includes honey buns)	15,20
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	15,10
04528	Oil, walnut	15,00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	15,00
42284	Babyfood, baked product, finger snacks cereal fortified	15,00
09353	Blueberries, wild, canned, heavy syrup, drained	14,80
11007	Artichokes, (globe or french), raw	14,80
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	14,80
11137	Cauliflower, frozen, unprepared	14,80
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	14,80
18336	Pie crust, standard-type, prepared from recipe, baked	14,80
42286	Babyfood, green beans and turkey, strained	14,80

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
05327	Chicken breast tenders, breaded, uncooked	14,70
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	14,70
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	14,70
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	14,60
09131	Grapes, american type (slip skin), raw	14,60
09132	Grapes, red or green (European type, such as Thompson seedless), raw	14,60
09450	Naranjilla (lulo) pulp, frozen, unsweetened	14,60
19015	Snacks, granola bars, hard, plain	14,60
16085	Peas, green, split, mature seeds, raw	14,50
21024	Fast foods, french toast sticks	14,50
21386	BURGER KING, french toast sticks	14,50
03099	Babyfood, vegetables, carrots, strained	14,40
11670	Peppers, hot chili, green, raw	14,30
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14,30
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	14,30
22971	Potato salad with egg	14,30
12120	Nuts, hazelnuts or filberts	14,20
18232	Crackers, wheat, regular	14,20
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	14,20
28308	Crackers, standard snack-type, with whole wheat	14,20
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	14,10
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	14,10
21254	BURGER KING, DOUBLE WHOPPER, no cheese	14,10
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	14,10
11819	Peppers, hot chili, red, raw	14,00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	13,90
06969	Potato soup, instant, dry mix	13,90
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	13,90
21388	Fast foods, miniature cinnamon rolls	13,90
11136	Cauliflower, cooked, boiled, drained, without salt	13,80
11761	Cauliflower, cooked, boiled, drained, with salt	13,80
43595	Breakfast bar, corn flake crust with fruit	13,80
11125	Carrots, cooked, boiled, drained, without salt	13,70
11757	Carrots, cooked, boiled, drained, with salt	13,70
28345	Crackers, gluten-free, multi-seeded and multigrain	13,70

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
04058	Oil, sesame, salad or cooking	13,60
11131	Carrots, frozen, cooked, boiled, drained, without salt	13,60
11760	Carrots, frozen, cooked, boiled, drained, with salt	13,60
21105	Fast foods, fish sandwich, with tartar sauce	13,60
27047	Sauce, salsa, verde, ready-to-serve	13,60
36619	Restaurant, Chinese, kung pao chicken	13,60
25043	Snacks, candy bits, yogurt covered with vitamin C	13,50
02043	Spices, turmeric, ground	13,40
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	13,40
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	13,40
42278	Babyfood, vegetable and brown rice, strained	13,40
04686	Salad dressing, honey mustard dressing, reduced calorie	13,30
09046	Blackberries, canned, heavy syrup, solids and liquids	13,30
19422	Snacks, potato chips, reduced fat	13,30
19823	Potato chips, without salt, reduced fat	13,30
36418	Restaurant, Mexican, refried beans	13,30
43537	Babyfood, dessert, blueberry yogurt, strained	13,30
11124	Carrots, raw	13,20
12152	Nuts, pistachio nuts, dry roasted, without salt added	13,20
12652	Nuts, pistachio nuts, dry roasted, with salt added	13,20
18082	Bread stuffing, bread, dry mix, prepared	13,20
18326	Pie, pumpkin, commercially prepared	13,20
18402	Pie crust, standard-type, prepared from recipe, unbaked	13,20
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	13,20
11816	Peas and carrots, canned, no salt added, solids and liquids	13,10
11439	Sauerkraut, canned, solids and liquids	13,00
18283	Muffins, oat bran	13,00
19230	Frostings, vanilla, creamy, ready-to-eat	13,00
36417	Restaurant, Mexican, spanish rice	13,00
11632	Peppers, jalapeno, canned, solids and liquids	12,90
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	12,90
32010	Pasta mix, Italian lasagna, unprepared	12,90
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	12,70
36625	Restaurant, Chinese, vegetable lo mein, without meat	12,70
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	12,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	12,60
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	12,60
42279	Babyfood, peas and brown rice	12,60
03100	Babyfood, vegetables, carrots, junior	12,50
04021	Salad dressing, italian dressing, commercial, reduced fat	12,50
04144	Salad dressing, italian dressing, reduced fat, without salt	12,50
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	12,50
18949	Crackers, whole-wheat, reduced fat	12,50
18959	Pastry, Pastelitos de Guava (guava pastries)	12,50
19039	Snacks, popcorn, caramel-coated, without peanuts	12,50
42140	Salad dressing, italian dressing, reduced calorie	12,50
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	12,30
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	12,30
36044	ON THE BORDER, Mexican rice	12,30
03302	Babyfood, snack, GERBER GRADUATE YOGURT SELTS	12,20
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	12,10
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	12,10
15002	Fish, anchovy, european, canned in oil, drained solids	12,10
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	12,00
18215	Crackers, cheese, sandwich-type with peanut butter filling	12,00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	11,90
09449	Nance, frozen, unsweetened	11,90
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	11,90
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	11,90
25025	Snacks, soy chips or crisps, salted	11,90
11977	Peppers, serrano, raw	11,80
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	11,80
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	11,70
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	11,70
03055	Babyfood, dinner, beef with vegetables	11,60
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	11,60
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	11,60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	11,50
21255	BURGER KING, DOUBLE WHOPPER, with cheese	11,50
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	11,50

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	11,50
11546	Tomato products, canned, paste, without salt added	11,40
28349	Cookies, oatmeal, reduced fat	11,30
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	11,20
18434	Crackers, cheese, low sodium	11,20
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	11,20
21138	Fast foods, potato, french fried in vegetable oil	11,20
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	11,20
35206	Plums, wild (Northern Plains Indians)	11,20
03092	Babyfood, vegetables, green beans, junior	11,10
05323	Chicken patty, frozen, uncooked	11,10
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	11,10
21249	BURGER KING, french fries	11,10
25060	Snack, Pretzel, hard chocolate coated	11,10
03093	Babyfood, green beans, dices, toddler	11,00
09084	Currants, red and white, raw	11,00
18192	Cookies, shortbread, commercially prepared, plain	11,00
43273	Cheese, cottage, with vegetables	11,00
06631	Sauce, hot chile, sriracha	10,90
18241	Croissants, cheese	10,90
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	10,90
28288	Bread, roll, Mexican, bolillo	10,90
07974	Bacon, turkey, low sodium	10,80
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	10,80
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	10,80
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	10,80
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	10,70
21270	TACO BELL, Taco Salad	10,70
22906	Chicken pot pie, frozen entree, prepared	10,70
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	10,60
18127	Cake, snack cakes, creme-filled, chocolate with frosting	10,60
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	10,60
18305	Pie, blueberry, commercially prepared	10,50
18932	Waffles, buttermilk, frozen, ready-to-heat	10,50
09442	Pomegranate juice, bottled	10,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18078	Bread, whole-wheat, prepared from recipe, toasted	10,40
21611	School Lunch, chicken nuggets, whole grain breaded	10,40
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	10,40
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	10,30
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	10,30
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	10,30
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	10,20
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	10,20
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	10,20
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	10,20
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	10,20
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	10,20
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	10,20
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	10,20
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	10,10
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	10,10
11527	Tomatoes, green, raw	10,10
11954	Tomatillos, raw	10,10
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	10,10
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	10,00
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	10,00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	10,00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	10,00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	10,00
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	10,00
01070	Dessert topping, powdered	9,90
09260	Pears, dried, sulfured, stewed, without added sugar	9,90
11981	Peppers, hungarian, raw	9,90
21026	Fast foods, potatoes, hash browns, round pieces or patty	9,90
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	9,90
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	9,80
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	9,80
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	9,80
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	9,80
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	9,80

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
11126	Carrots, canned, regular pack, solids and liquids	9,80
11128	Carrots, canned, regular pack, drained solids	9,80
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	9,80
11758	Carrots, canned, no salt added, solids and liquids	9,80
11759	Carrots, canned, no salt added, drained solids	9,80
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	9,80
18206	Cookies, sugar, refrigerated dough, baked	9,80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	9,80
18251	Doughnuts, cake-type, chocolate, sugared or glazed	9,80
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	9,80
18128	Cake, snack cakes, creme-filled, sponge	9,70
19078	Baking chocolate, unsweetened, squares	9,70
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	9,70
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	9,60
06443	Soup, cream of mushroom, canned, prepared with equal volume water	9,60
13166	USDA Commodity, beef, canned	9,60
18428	Crackers, wheat, low salt	9,60
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	9,60
19076	Candies, caramels, chocolate-flavor roll	9,60
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	9,60
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	9,60
11976	Pepper, banana, raw	9,50
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	9,50
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	9,50
18310	Pie, chocolate creme, commercially prepared	9,50
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	9,50
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	9,50
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	9,50
28315	Bread, cinnamon	9,50
03046	Babyfood, ravioli, cheese filled, with tomato sauce	9,40
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	9,40
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	9,40
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	9,40
11960	Carrots, baby, raw	9,40
18077	Bread, whole-wheat, prepared from recipe	9,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18214	Crackers, cheese, regular	9,40
18244	Danish pastry, cinnamon, enriched	9,40
19079	Candies, confectioner's coating, yogurt	9,40
21421	KFC, Crispy Chicken Strips	9,40
18951	Waffles, chocolate chip, frozen, ready-to-heat	9,30
19009	Snacks, KRAFT, CORNNUTS, plain	9,30
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	9,30
42231	Oil, flaxseed, cold pressed	9,30
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	9,20
01206	Cream substitute, flavored, powdered	9,10
03059	Babyfood, dinner, vegetables and bacon, strained	9,10
16157	Chickpea flour (besan)	9,10
19087	Candies, white chocolate	9,10
19437	Snacks, potato chips, fat free, salted	9,10
22910	Lasagna, cheese, frozen, prepared	9,10
25036	Snacks, granola bites, mixed flavors	9,10
06982	Soup, ramen noodle, beef flavor, dry	9,00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	9,00
16052	Broadbeans (fava beans), mature seeds, raw	9,00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	9,00
16080	Mung beans, mature seeds, raw	9,00
18076	Bread, whole-wheat, commercially prepared, toasted	9,00
21018	Fast foods, egg, scrambled	9,00
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	9,00
06583	Soup, ramen noodle, any flavor, dry	8,90
21245	WENDY'S, Ultimate Chicken Grill Sandwich	8,90
01250	Nutritional supplement for people with diabetes, liquid	8,80
03165	Babyfood, fruit, apple and blueberry, junior	8,80
18085	Bread stuffing, cornbread, dry mix, prepared	8,80
18205	Cookies, sugar, refrigerated dough	8,80
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	8,70
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	8,70
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	8,70
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	8,70
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	8,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	8,70
01003	Butter oil, anhydrous	8,60
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	8,60
18254	Doughnuts, yeast-leavened, with creme filling	8,60
18360	Taco shells, baked	8,60
19136	Candies, HERSHEY'S SKOR Toffee Bar	8,60
21102	Fast foods, chicken fillet sandwich, plain with pickles	8,50
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	8,50
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	8,50
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	8,40
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	8,40
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	8,40
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	8,40
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	8,40
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	8,40
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	8,30
11943	Pimento, canned	8,30
18230	Crackers, standard snack-type, sandwich, with cheese filling	8,30
18429	Crackers, whole-wheat, low salt	8,30
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	8,30
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	8,30
07972	Meatballs, frozen, Italian style	8,20
19040	Snacks, popcorn, cheese-flavor	8,20
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	8,20
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	8,20
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	8,10
06067	Soup, chunky vegetable, canned, ready-to-serve	8,10
09362	Cherries, sour, canned, water pack, drained	8,10
18935	Waffle, plain, frozen, ready-to-heat, microwave	8,10
19902	Chocolate, dark, 45- 59% cacao solids	8,10
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	8,10
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	8,10
04055	Oil, palm	8,00
11050	Beans, shellie, canned, solids and liquids	8,00
18178	Cookies, oatmeal, commercially prepared, regular	8,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18253	Doughnuts, french crullers, glazed	8,00
19418	Snacks, sesame sticks, wheat-based, salted	8,00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	8,00
21246	WENDY'S, Chicken Nuggets	8,00
21401	Fast foods, chicken tenders	8,00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	8,00
11529	Tomatoes, red, ripe, raw, year round average	7,90
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	7,90
21106	Fast foods, fish sandwich, with tartar sauce and cheese	7,90
21487	Fast foods, taco with chicken, lettuce and cheese, soft	7,90
32025	Dumpling, potato- or cheese-filled, frozen	7,90
42316	Babyfood, carrots, toddler	7,90
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	7,90
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	7,80
06040	Soup, minestrone, canned, condensed	7,80
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	7,80
09057	Boysenberries, frozen, unsweetened	7,80
09167	Loganberries, frozen	7,80
09190	Mulberries, raw	7,80
09302	Raspberries, raw	7,80
09518	Raspberries, frozen, unsweetened	7,80
12167	Nuts, chestnuts, european, roasted	7,80
16129	Tofu, fried	7,80
18075	Bread, whole-wheat, commercially prepared	7,80
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	7,80
18365	Waffles, plain, frozen, ready-to-heat	7,80
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	7,80
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	7,80
83110	Fish, mackerel, salted	7,80
18967	Bread, white wheat	7,70
19071	Candies, carob, unsweetened	7,70
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	7,70
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	7,70
09079	Cranberries, dried, sweetened	7,60
18243	Croutons, seasoned	7,60

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
18308	Pie, cherry, commercially prepared	7,60
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	7,60
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	7,60
22902	Pizza, meat topping, thick crust, frozen, cooked	7,60
22918	Burrito, bean and cheese, frozen	7,60
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	7,50
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	7,50
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	7,50
21225	Pizza, cheese topping, rising crust, frozen, cooked	7,50
21268	TACO BELL, Nachos	7,50
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	7,50
22928	Burrito, beef and bean, microwaved	7,50
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	7,50
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	7,50
03282	Babyfood, vegetables, mix vegetables junior	7,40
03290	Babyfood, carrots and beef, strained	7,40
11333	Peppers, sweet, green, raw	7,40
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	7,40
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	7,40
21486	Fast foods, taco with beef, cheese and lettuce, soft	7,40
36408	Restaurant, Latino, pupusas con frioles (pupusas, bean)	7,40
12014	Seeds, pumpkin and squash seed kernels, dried	7,30
19086	Candies, confectioner's coating, peanut butter	7,30
19904	Chocolate, dark, 70-85% cacao solids	7,30
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	7,30
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	7,30
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	7,20
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	7,20
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	7,20
06022	Soup, chicken rice, canned, chunky, ready-to-serve	7,20
11206	Cucumber, peeled, raw	7,20
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	7,20
19045	Snacks, potato chips, made from dried potatoes, reduced fat	7,20
19410	Snack, potato chips, made from dried potatoes, plain	7,20
19903	Chocolate, dark, 60-69% cacao solids	7,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
42283	Snacks, potato chips, white, restructured, baked	7,20
03209	Babyfood, crackers, vegetable	7,10
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	7,10
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	7,10
06962	Sauce, chili, peppers, hot, immature green, canned	7,10
18256	Doughnuts, yeast-leavened, with jelly filling	7,10
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	7,10
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	7,10
01001	Butter, salted	7,00
01145	Butter, without salt	7,00
03286	Babyfood, vegetables, mix vegetables strained	7,00
04529	Oil, almond	7,00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	7,00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	7,00
17105	Veal, loin, separable lean and fat, cooked, braised	7,00
17108	Veal, loin, separable lean only, cooked, braised	7,00
17111	Veal, rib, separable lean and fat, cooked, braised	7,00
17114	Veal, rib, separable lean only, cooked, braised	7,00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	7,00
18200	Cookies, oatmeal, commercially prepared, special dietary	7,00
20011	Buckwheat flour, whole-groat	7,00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	7,00
22977	Lasagna with meat sauce, frozen, prepared	7,00
03070	Babyfood, dinner, chicken soup, strained	6,90
15124	Fish, tuna, white, canned in oil, drained solids	6,90
18141	Cake, yellow, commercially prepared, with vanilla frosting	6,90
18245	Danish pastry, cheese	6,90
21243	WENDY'S, CLASSIC DOUBLE, with cheese	6,90
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	6,90
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	6,90
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	6,90
28294	Cookie, chocolate, with icing or coating	6,90
28311	Cookies, sugar wafer, chocolate-covered	6,90
28330	Cookies, marshmallow, with rice cereal and chocolate chips	6,90
28346	Waffles, gluten-free, frozen, ready-to-heat	6,90

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
17132	Veal, shoulder, blade, separable lean only, cooked, braised	6,80
18403	Waffles, plain, frozen, ready -to-heat, toasted	6,80
18971	Bread, potato	6,80
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	6,80
22917	Burrito, beef and bean, frozen	6,80
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	6,80
36041	Restaurant, Italian, lasagna with meat	6,80
36042	OLIVE GARDEN, lasagna classico	6,80
03045	Babyfood, dinner, macaroni and tomato and beef, junior	6,70
04022	Salad dressing, russian dressing, low calorie	6,70
06961	Sauce, peppers, hot, chili, mature red, canned	6,70
09095	Figs, dried, stewed	6,70
18328	Pie, vanilla cream, prepared from recipe	6,70
18969	Cream puff, eclair, custard or cream filled, iced	6,70
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	6,70
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	6,70
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	6,70
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	6,70
03130	Babyfood, fruit, peaches, strained	6,60
03131	Babyfood, fruit, peaches, junior	6,60
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	6,60
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	6,60
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	6,60
17136	Veal, sirloin, separable lean and fat, cooked, roasted	6,60
18079	Bread crumbs, dry, grated, plain	6,60
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	6,60
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	6,60
21158	Fast foods, submarine sandwich, meatball marinara on white bread	6,60
21224	Pizza, cheese topping, regular crust, frozen, cooked	6,60
28293	Cookie, butter or sugar, with chocolate icing or filling	6,60
35202	Raspberries, wild (Northern Plains Indians)	6,60
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	6,50
09306	Raspberries, frozen, red, sweetened	6,50
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	6,50
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	6,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18010	Biscuits, plain or buttermilk, dry mix	6,50
18151	Cookies, brownies, commercially prepared	6,50
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	6,50
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	6,50
19085	Candies, confectioner's coating, butterscotch	6,50
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	6,50
25059	Snacks, brown rice chips	6,50
09052	Blueberries, canned, heavy syrup, solids and liquids	6,40
09279	Plums, raw	6,40
09379	Plums, canned, heavy syrup, drained	6,40
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	6,40
18114	Cake, gingerbread, dry mix	6,40
18174	Cookies, graham crackers, chocolate-coated	6,40
20648	Sorghum flour, whole-grain	6,40
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	6,40
21247	WENDY'S, french fries	6,40
21269	TACO BELL, Nachos Supreme	6,40
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	6,40
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	6,40
01073	Dessert topping, semi solid, frozen	6,30
03995	Babyfood, banana with mixed berries, strained	6,30
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	6,30
18304	Pie, banana cream, prepared from recipe	6,30
18427	Crackers, standard snack-type, regular, low salt	6,30
19003	Snacks, corn-based, extruded, chips, plain	6,30
19081	Candies, sweet chocolate	6,30
20118	Noodles, flat, crunchy, Chinese restaurant	6,30
21010	Fast foods, biscuit, with crispy chicken fillet	6,30
21256	BURGER KING, Chicken Strips	6,30
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	6,30
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	6,20
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	6,20
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	6,20
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	6,20
18168	Cookies, chocolate sandwich, with extra creme filling	6,20

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
19144	Candies, NESTLE, 100 GRAND Bar	6,20
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	6,20
22905	Beef stew, canned entree	6,20
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	6,20
09520	Kiwifruit, ZESPRI SunGold, raw	6,10
11578	Vegetable juice cocktail, canned	6,10
11585	Vegetable juice cocktail, low sodium, canned	6,10
21064	Fast foods, burrito, with beans, cheese, and beef	6,10
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	6,10
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	6,10
36403	Restaurant, Latino, empanadas, beef, prepared	6,10
06749	Soup, beef and vegetables, canned, ready-to-serve	6,00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	6,00
16024	Beans, great northern, mature seeds, raw	6,00
16071	Lima beans, large, mature seeds, raw	6,00
18212	Cookies, vanilla wafers, lower fat	6,00
18216	Crackers, crispbread, rye	6,00
19138	Candies, truffles, prepared-from-recipe	6,00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	6,00
21267	TACO BELL, BURRITO SUPREME with steak	6,00
28291	Cookies, animal, with frosting or icing	6,00
36413	Restaurant, Latino, black bean soup	6,00
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	5,90
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	5,90
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	5,90
16074	Lima beans, thin seeded (baby), mature seeds, raw	5,90
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	5,90
19151	Candies, REESE'S PIECES Candy	5,90
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	5,90
19268	Candies, dark chocolate coated coffee beans	5,90
19910	Candies, crispy bar with peanut butter filling	5,90
20062	Rye grain	5,90
20063	Rye flour, dark	5,90
20064	Rye flour, medium	5,90
20065	Rye flour, light	5,90

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
21139	Fast foods, potato, mashed	5,90
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	5,90
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	5,90
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	5,90
22916	Lasagna with meat & sauce, frozen entree	5,90
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	5,90
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	5,90
35015	Blackberries, wild, raw (Alaska Native)	5,90
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	5,90
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	5,80
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	5,80
07057	Pepperoni, beef and pork, sliced	5,80
18170	Cookies, fig bars	5,80
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	5,80
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	5,80
22973	Corn dogs, frozen, prepared	5,80
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	5,80
03279	Babyfood, dinner, mixed vegetable, junior	5,70
03293	Babyfood, plums, bananas and rice, strained	5,70
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	5,70
06017	Soup, chicken gumbo, canned, condensed	5,70
07957	Pork and turkey sausage, pre-cooked	5,70
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	5,70
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	5,70
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	5,70
16040	Beans, pink, mature seeds, raw	5,70
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	5,70
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5,70
18065	Bread, wheat, toasted	5,70
18226	Crackers, rye, wafers, plain	5,70
18940	Muffin, blueberry, commercially prepared, low-fat	5,70
18973	Focaccia, Italian flatbread, plain	5,70
19120	Candies, milk chocolate	5,70
19134	Candies, milk chocolate, with rice cereal	5,70
21008	Fast foods, biscuit, with ham	5,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
21251	BURGER KING, Cheeseburger	5,70
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	5,70
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	5,70
42139	Granola bar, soft, milk chocolate coated, peanut butter	5,70
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	5,70
01128	Egg, whole, cooked, fried	5,60
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	5,60
06071	Soup, vegetable beef, canned, condensed	5,60
06483	Soup, cream of chicken, dry, mix, prepared with water	5,60
11031	Lima beans, immature seeds, raw	5,60
16014	Beans, black, mature seeds, raw	5,60
16016	Beans, black turtle, mature seeds, raw	5,60
16032	Beans, kidney, red, mature seeds, raw	5,60
16042	Beans, pinto, mature seeds, raw	5,60
16049	Beans, white, mature seeds, raw	5,60
19080	Candies, semisweet chocolate	5,60
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	5,60
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	5,60
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	5,60
01072	Dessert topping, pressurized	5,50
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	5,50
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	5,50
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	5,50
05139	Duck, domesticated, meat and skin, raw	5,50
06028	Soup, clam chowder, manhattan, canned, condensed	5,50
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	5,50
17106	Veal, loin, separable lean and fat, cooked, roasted	5,50
17109	Veal, loin, separable lean only, cooked, roasted	5,50
18177	Cookies, molasses	5,50
21009	Fast foods, biscuit, with sausage	5,50
21090	Fast foods, cheeseburger; single, regular patty, with condiments	5,50
21250	BURGER KING, Hamburger	5,50
02014	Spices, cumin seed	5,40
02024	Spices, mustard seed, ground	5,40
04060	Oil, sunflower, linoleic (less than 60%)	5,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
04506	Oil, sunflower, linoleic, (approx. 65%)	5,40
04545	Oil, sunflower, linoleic, (partially hydrogenated)	5,40
04584	Oil, sunflower, high oleic (70% and over)	5,40
04642	Oil, industrial, mid-oleic, sunflower	5,40
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	5,40
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	5,40
14311	Beverages, Malted drink mix, natural, powder, dairy based.	5,40
18199	Cookies, chocolate sandwich, with creme filling, special dietary	5,40
18322	Pie, mince, prepared from recipe	5,40
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	5,40
19279	Candies, milk chocolate coated coffee beans	5,40
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	5,40
21265	TACO BELL, BURRITO SUPREME with beef	5,40
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	5,40
28300	Cookies, oatmeal sandwich, with creme filling	5,40
36411	Restaurant, Latino, tamale, corn	5,40
43020	Salad dressing, blue or roquefort cheese, low calorie	5,40
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	5,30
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	5,30
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	5,30
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	5,30
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	5,30
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	5,30
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	5,30
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	5,30
08037	Cereals ready-to-eat, granola, homemade	5,30
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	5,30
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	5,30
09092	Figs, canned, heavy syrup pack, solids and liquids	5,30
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	5,30
11669	Seaweed, wakame, raw	5,30
11693	Tomatoes, crushed, canned	5,30
11963	Nopales, raw	5,30
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	5,30
17225	Lamb, ground, cooked, broiled	5,30

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
18107	Coffeecake, cinnamon with crumb topping, dry mix	5,30
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	5,30
18313	Pie, coconut creme, commercially prepared	5,30
21266	TACO BELL, BURRITO SUPREME with chicken	5,30
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	5,30
25050	Snacks, yucca (cassava) chips, salted	5,30
43365	Tomato and vegetable juice, low sodium	5,30
03053	Babyfood, dinner, vegetables and beef, strained	5,20
03054	Babyfood, dinner, vegetables and beef, junior	5,20
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	5,20
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	5,20
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	5,20
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	5,20
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	5,20
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	5,20
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	5,20
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	5,20
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	5,20
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	5,20
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	5,20
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	5,20
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	5,20
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	5,20
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	5,20
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	5,20
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	5,20
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	5,20
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	5,20
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	5,20
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5,20
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	5,20
06972	Sauce, tomato chili sauce, bottled, with salt	5,20
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	5,20
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	5,20
09414	Pears, raw, bosc	5,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	5,20
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	5,20
19109	Candies, KIT KAT Wafer Bar	5,20
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	5,20
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	5,20
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	5,20
25046	Snacks, bagel chips, plain	5,20
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	5,20
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	5,20
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	5,10
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	5,10
05140	Duck, domesticated, meat and skin, cooked, roasted	5,10
05147	Goose, domesticated, meat and skin, cooked, roasted	5,10
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	5,10
07058	Pickle and pimiento loaf, pork	5,10
09044	Cherries, tart, dried, sweetened	5,10
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	5,10
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	5,10
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	5,10
11964	Nopales, cooked, without salt	5,10
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	5,10
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	5,10
18139	Cake, white, prepared from recipe without frosting	5,10
19007	Snacks, corn-based, extruded, onion-flavor	5,10
19132	Candies, milk chocolate, with almonds	5,10
22970	Macaroni and cheese, frozen entree	5,10
36412	Restaurant, Latino, tamale, pork	5,10
43382	Cranberry juice, unsweetened	5,10
43585	Babyfood, fruit supreme dessert	5,10
09078	Cranberries, raw	5,00
09247	Peaches, dried, sulfured, stewed, without added sugar	5,00
11444	Seaweed, irishmoss, raw	5,00
15046	Fish, mackerel, Atlantic, raw	5,00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	5,00
16069	Lentils, raw	5,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
16086	Peas, split, mature seeds, cooked, boiled, without salt	5,00
16386	Peas, split, mature seeds, cooked, boiled, with salt	5,00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	5,00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	5,00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	5,00
18210	Cookies, vanilla sandwich with creme filling	5,00
21202	Fast foods, hamburger, large, single patty, with condiments	5,00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	5,00
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	5,00
28321	Rolls, hamburger, whole grain white, calcium-fortified	5,00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	4,90
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	4,90
09413	Pears, raw, red anjou	4,90
11821	Peppers, sweet, red, raw	4,90
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	4,90
18064	Bread, wheat	4,90
18457	Crackers, saltines, fat-free, low-sodium	4,90
21107	Fast foods, hamburger; single, regular patty; plain	4,90
21108	Fast foods, hamburger; single, regular patty; with condiments	4,90
21232	McDONALD'S, FILET-O-FISH	4,90
21610	School Lunch, chicken patty, whole grain breaded	4,90
43283	Pheasant, cooked, total edible	4,90
01074	Sour cream, imitation, cultured	4,80
03085	Babyfood, dinner, vegetables and turkey, junior	4,80
04142	Salad dressing, french dressing, reduced fat, without salt	4,80
04601	Butter, light, stick, with salt	4,80
04602	Butter, light, stick, without salt	4,80
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	4,80
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	4,80
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4,80
18350	Rolls, hamburger or hotdog, plain	4,80
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	4,80
42171	Salad dressing, french dressing, reduced calorie	4,80
03104	Babyfood, vegetables, squash, strained	4,70
03105	Babyfood, vegetables, squash, junior	4,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
06011	Soup, cheese, canned, condensed	4,70
09089	Figs, raw	4,70
11150	Chayote, fruit, cooked, boiled, drained, without salt	4,70
11766	Chayote, fruit, cooked, boiled, drained, with salt	4,70
15027	Fish, fish sticks, frozen, prepared	4,70
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4,70
19917	Candies, M&M MARS Pretzel Chocolate Candies	4,70
21059	Fast foods, shrimp, breaded and fried	4,70
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	4,70
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	4,70
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	4,70
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	4,70
21395	Fast foods, cheeseburger; double, regular patty; with condiments	4,70
28290	Cookie, with peanut butter filling, chocolate-coated	4,70
01002	Butter, whipped, with salt	4,60
03287	Babyfood, dinner, beef noodle, junior	4,60
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	4,60
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	4,60
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4,60
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	4,60
17122	Veal, shoulder, arm, separable lean and fat, raw	4,60
17134	Veal, sirloin, separable lean and fat, raw	4,60
21096	Fast foods, cheeseburger; single, large patty; plain	4,60
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	4,60
22904	Chili con carne with beans, canned entree	4,60
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	4,60
32012	Pizza rolls, frozen, unprepared	4,60
43299	Soybean, curd cheese	4,60
01130	Egg, whole, cooked, omelet	4,50
05190	Turkey, all classes, back, meat and skin, cooked, roasted	4,50
09340	Pears, asian, raw	4,50
11432	Radishes, oriental, dried	4,50
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	4,50
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	4,50
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	4,50
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	4,50
21142	Fast food, biscuit	4,50
21241	WENDY'S, Jr. Hamburger, without cheese	4,50
28295	Tortillas, ready-to-bake or -fry, whole wheat	4,50
28313	Rolls, hamburger or hot dog, whole wheat	4,50
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	4,50
09252	Pears, raw	4,40
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	4,40
11644	Squash, winter, all varieties, cooked, baked, without salt	4,40
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	4,40
11863	Squash, winter, all varieties, cooked, baked, with salt	4,40
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4,40
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	4,40
18147	Cheesecake commercially prepared	4,40
18185	Cookies, peanut butter, commercially prepared, regular	4,40
18356	Sweet rolls, cinnamon, commercially prepared with raisins	4,40
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	4,40
21005	Fast Foods, biscuit, with egg and sausage	4,40
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	4,40
21398	Fast foods, cheeseburger; single, large patty; with condiments	4,40
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	4,40
27051	Sauce, cocktail, ready-to-serve	4,40
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	4,40
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	4,30
06164	Sauce, salsa, ready-to-serve	4,30
09009	Apples, dehydrated (low moisture), sulfured, uncooked	4,30
09281	Plums, canned, purple, water pack, solids and liquids	4,30
09282	Plums, canned, purple, juice pack, solids and liquids	4,30
09283	Plums, canned, purple, light syrup pack, solids and liquids	4,30
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	4,30
09415	Pears, raw, green anjou	4,30
11477	Squash, summer, zucchini, includes skin, raw	4,30
12220	Seeds, flaxseed	4,30
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	4,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
19162	Candies, WHATCHAMACALLIT Candy Bar	4,30
21003	Fast foods, biscuit, with egg and bacon	4,30
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	4,30
28347	Pancakes, gluten-free, frozen, ready-to-heat	4,30
36631	OLIVE GARDEN, spaghetti with meat sauce	4,30
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	4,30
04676	Margarine-like spread, SMART BEAT Smart Squeeze	4,20
05324	Chicken patty, frozen, cooked	4,20
05326	Chicken breast tenders, breaded, cooked, microwaved	4,20
06068	Soup, vegetarian vegetable, canned, condensed	4,20
06217	Soup, vegetable, canned, low sodium, condensed	4,20
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	4,20
09091	Figs, canned, light syrup pack, solids and liquids	4,20
09176	Mangos, raw	4,20
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	4,20
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	4,20
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	4,20
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	4,20
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	4,20
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	4,20
16147	Veggie burgers or soyburgers, unprepared	4,20
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4,20
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	4,20
21007	Fast foods, biscuit, with egg, cheese, and bacon	4,20
21089	Fast foods, cheeseburger; single, regular patty; plain	4,20
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	4,20
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	4,20
21242	WENDY'S, Jr. Hamburger, with cheese	4,20
21264	TACO BELL, Bean Burrito	4,20
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	4,20
21505	Pizza, cheese topping, thin crust, frozen, cooked	4,20
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	4,20
28328	Cookies, chocolate chip sandwich, with creme filling	4,20
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	4,20
36630	Restaurant, Italian, spaghetti with meat sauce	4,20

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
43282	Quail, cooked, total edible	4,20
01058	Sour dressing, non-butterfat, cultured, filled cream-type	4,10
02026	Spices, onion powder	4,10
03964	Babyfood, fortified cereal bar, fruit filling	4,10
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	4,10
06016	Soup, cream of chicken, canned, condensed	4,10
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	4,10
11149	Chayote, fruit, raw	4,10
16029	Beans, kidney, all types, mature seeds, canned	4,10
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	4,10
16117	Soy flour, defatted	4,10
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	4,10
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4,10
18009	Biscuits, plain or buttermilk, frozen, baked	4,10
18102	Cake, white, prepared from recipe with coconut frosting	4,10
18135	Cake, pudding-type, white, enriched, dry mix	4,10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	4,10
18319	Pie, fried pies, fruit	4,10
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	4,10
19186	Desserts, apple crisp, prepared-from-recipe	4,10
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	4,10
01132	Egg, whole, cooked, scrambled	4,00
03141	Babyfood, pears, dices, toddler	4,00
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	4,00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	4,00
11446	Seaweed, laver, raw	4,00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	4,00
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	4,00
18198	Cookies, chocolate chip, commercially prepared, special dietary	4,00
19126	Candies, milk chocolate coated peanuts	4,00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	4,00
28329	Cookies, chocolate, made with rice cereal	4,00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	4,00
36401	Restaurant, Latino, chicken and rice, entree, prepared	4,00
43287	Dove, cooked (includes squab)	4,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
03084	Babyfood, dinner, vegetables and turkey, strained	3,90
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	3,90
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3,90
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	3,90
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	3,90
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	3,90
09351	Fruit cocktail, canned, heavy syrup, drained	3,90
11640	Shallots, freeze-dried	3,90
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	3,90
16118	Soy flour, low-fat	3,90
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3,90
17094	Veal, leg (top round), separable lean and fat, raw	3,90
18190	Cookies, peanut butter sandwich, regular	3,90
18191	Cookies, raisin, soft-type	3,90
19038	Snacks, popcorn, caramel-coated, with peanuts	3,90
19227	Frostings, coconut-nut, ready-to-eat	3,90
22969	Chili with beans, microwavable bowls	3,90
28303	Crackers, cheese, whole grain	3,90
42136	Cream substitute, powdered, light	3,90
44158	Pie fillings, blueberry, canned	3,90
03212	Babyfood, cereal, rice, with bananas, dry	3,80
05142	Duck, domesticated, meat only, cooked, roasted	3,80
09412	Pears, raw, bartlett	3,80
11284	Onions, dehydrated flakes	3,80
11551	Tomato products, canned, sauce, with mushrooms	3,80
11917	Peppers, sweet, red, frozen, chopped, unprepared	3,80
18112	Cake, pudding-type, german chocolate, dry mix	3,80
18223	Crackers, milk	3,80
18965	Crackers, cheese, reduced fat	3,80
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	3,80
28351	Cookies, Marie biscuit	3,80
32028	Turnover, filled with egg, meat and cheese, frozen	3,80
43114	Vermicelli, made from soy	3,80
43241	Cereals ready-to-eat, FAMILIA	3,80
43401	Beverages, coffee, instant, with whitener, reduced calorie	3,80

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
01042	Cheese, pasteurized process, American, fortified with vitamin D	3,70
03072	Babyfood, dinner, chicken stew, toddler	3,70
04635	Salad dressing, thousand island dressing, fat-free	3,70
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	3,70
07967	Pork sausage, link/patty, fully cooked, unheated	3,70
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	3,70
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	3,70
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	3,70
11370	Potatoes, hash brown, home-prepared	3,70
11399	Potato puffs, frozen, oven-heated	3,70
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	3,70
16041	Beans, pink, mature seeds, cooked, boiled, without salt	3,70
16341	Beans, pink, mature seeds, cooked, boiled, with salt	3,70
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	3,70
43146	Eggplant, pickled	3,70
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	3,60
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	3,60
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	3,60
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	3,60
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	3,60
05622	Emu, ground, cooked, pan-broiled	3,60
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	3,60
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	3,60
13335	Beef, variety meats and by-products, suet, raw	3,60
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	3,60
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	3,60
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3,60
17224	Lamb, ground, raw	3,60
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	3,60
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	3,60
19143	Candies, MR. GOODBAR Chocolate Bar	3,60
19265	Ice creams, chocolate, light, no sugar added	3,60
20140	Spelt, uncooked	3,60
21004	Fast foods, biscuit, with egg and ham	3,60
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	3,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	3,60
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	3,50
03164	Babyfood, fruit, apple and blueberry, strained	3,50
03186	Babyfood, cereal, mixed, with bananas, dry	3,50
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	3,50
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	3,50
05642	Ostrich, ground, cooked, pan-broiled	3,50
06978	Soup, beef and mushroom, low sodium, chunk style	3,50
09297	Raisins, golden seedless	3,50
09298	Raisins, seedless	3,50
09334	Feijoa, raw	3,50
11209	Eggplant, raw	3,50
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	3,50
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	3,50
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	3,50
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	3,50
12142	Nuts, pecans	3,50
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	3,50
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	3,50
16050	Beans, white, mature seeds, cooked, boiled, without salt	3,50
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	3,50
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	3,50
16350	Beans, white, mature seeds, cooked, boiled, with salt	3,50
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	3,50
18301	Pie, apple, commercially prepared, enriched flour	3,50
22963	Lean Pockets, Meatballs & Mozzarella	3,50
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	3,50
28310	Cookies, shortbread, reduced fat	3,50
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	3,50
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	3,50
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	3,50
43476	Tofu yogurt	3,50
01046	Cheese food, pasteurized process, American, vitamin D fortified	3,40
03073	Babyfood, dinner, vegetables chicken, strained	3,40
03133	Babyfood, fruit, pears, junior	3,40

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	3,40
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	3,40
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	3,40
05658	Ostrich, top loin, cooked	3,40
07013	Bratwurst, pork, cooked	3,40
07034	Headcheese, pork	3,40
07051	Olive loaf, pork	3,40
07089	Sausage, Italian, pork, cooked	3,40
07951	Scrapple, pork	3,40
09294	Prune juice, canned	3,40
11547	Tomato products, canned, puree, without salt added	3,40
11888	Tomato products, canned, puree, with salt added	3,40
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	3,40
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	3,40
13019	Beef, retail cuts, separable fat, raw	3,40
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	3,40
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	3,40
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	3,40
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	3,40
18070	Bread, white, commercially prepared, toasted	3,40
21129	Fast foods, hush puppies	3,40
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	3,40
28286	Bread, paratha, whole wheat, commercially prepared, frozen	3,40
42190	Pork sausage rice links, brown and serve, cooked	3,40
43408	Babyfood, juice, pear	3,40
01205	Cream substitute, flavored, liquid	3,30
04707	Oil, flaxseed, contains added sliced flaxseed	3,30
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	3,30
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	3,30
06025	Soup, chicken vegetable, canned, condensed	3,30
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	3,30
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	3,30
09021	Apricots, raw	3,30
09085	Currants, zante, dried	3,30
09090	Figs, canned, water pack, solids and liquids	3,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
09357	Apricots, canned, heavy syrup, drained	3,30
11475	Squash, summer, scallop, raw	3,30
12157	Nuts, walnuts, dry roasted, with salt added	3,30
13326	Beef, variety meats and by-products, liver, cooked, braised	3,30
16015	Beans, black, mature seeds, cooked, boiled, without salt	3,30
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	3,30
16315	Beans, black, mature seeds, cooked, boiled, with salt	3,30
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	3,30
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	3,30
18323	Pie, peach	3,30
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	3,30
21413	Light Ice Cream, soft serve, blended with cookie pieces	3,30
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	3,30
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	3,30
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	3,30
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	3,30
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	3,30
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	3,30
01053	Cream, fluid, heavy whipping	3,20
03132	Babyfood, fruit, pears, strained	3,20
03206	Babyfood, cookie, baby, fruit	3,20
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	3,20
06026	Soup, chili beef, canned, condensed	3,20
06039	Soup, minestrone, canned, chunky, ready-to-serve	3,20
06075	Soup, beef broth or bouillon, powder, dry	3,20
06159	Soup, tomato, canned, condensed	3,20
06956	Soup, tomato, canned, condensed, reduced sodium	3,20
07069	Salami, cooked, beef and pork	3,20
09502	Apples, raw, granny smith, with skin	3,20
11467	Squash, summer, crookneck and straightneck, raw	3,20
18317	Pie, egg custard, commercially prepared	3,20
19152	Candies, ROLO Caramels in Milk Chocolate	3,20
19913	Candies, NESTLE, BUTTERFINGER Crisp	3,20
20033	Oat bran, raw	3,20
20132	Oat flour, partially debranned	3,20

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
21061	Fast foods, burrito, with beans and cheese	3,20
35237	Tamales, masa and pork filling (Hopi)	3,20
42135	Whipped topping, frozen, low fat	3,20
43031	Candies, chocolate covered, caramel with nuts	3,20
43417	Babyfood, meat, beef with vegetables, toddler	3,20
01252	Cheese product, pasteurized process, American, vitamin D fortified	3,10
05126	Chicken, stewing, meat only, cooked, stewed	3,10
06070	Soup, chunky beef, canned, ready-to-serve	3,10
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	3,10
09032	Apricots, dried, sulfured, uncooked	3,10
12038	Seeds, sunflower seed kernels, oil roasted, without salt	3,10
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	3,10
13020	Beef, retail cuts, separable fat, cooked	3,10
13325	Beef, variety meats and by-products, liver, raw	3,10
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	3,10
18090	Cake, boston cream pie, commercially prepared	3,10
18346	Rolls, dinner, rye	3,10
18351	Rolls, hamburger or hotdog, mixed-grain	3,10
18352	Rolls, hamburger or hotdog, reduced-calorie	3,10
18416	Bread, white, commercially prepared, low sodium, no salt	3,10
27064	Wasabi	3,10
32019	Lasagna, cheese, frozen, unprepared	3,10
36037	Restaurant, family style, chili with meat and beans	3,10
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	3,10
01156	Cheese, goat, hard type	3,00
03083	Babyfood, dinner, turkey and rice, junior	3,00
03159	Babyfood, fruit, pears and pineapple, junior	3,00
03190	Babyfood, cereal, oatmeal, with bananas, dry	3,00
06063	Soup, tomato rice, canned, condensed	3,00
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	3,00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	3,00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	3,00
09011	Apples, dried, sulfured, uncooked	3,00
11641	Squash, summer, all varieties, raw	3,00
11935	Catsup	3,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
11949	Catsup, low sodium	3,00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	3,00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	3,00
16026	Beans, great northern, mature seeds, canned	3,00
16120	Soymilk, original and vanilla, unfortified	3,00
16137	Hummus, home prepared	3,00
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	3,00
16166	Soymilk, chocolate, unfortified	3,00
16168	Soymilk, chocolate, with added calcium, vitamins A and D	3,00
16326	Beans, great northern, mature seeds, canned, low sodium	3,00
18295	Pancakes, buckwheat, dry mix, incomplete	3,00
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	3,00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	3,00
36613	DENNY'S, macaroni & cheese, from kid's menu	3,00
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	3,00
01043	Cheese, pasteurized process, pimento	2,90
03161	Babyfood, peaches, dices, toddler	2,90
05015	Chicken, broilers or fryers, skin only, raw	2,90
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	2,90
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	2,90
07953	Pork sausage, link/patty, fully cooked, microwaved	2,90
09184	Melons, honeydew, raw	2,90
11210	Eggplant, cooked, boiled, drained, without salt	2,90
11355	Potatoes, red, flesh and skin, raw	2,90
11783	Eggplant, cooked, boiled, drained, with salt	2,90
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	2,90
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	2,90
13498	Beef, ground, 70% lean meat / 30% fat, raw	2,90
16039	Beans, navy, mature seeds, canned	2,90
16051	Beans, white, mature seeds, canned	2,90
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	2,90
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	2,90
18144	Cake, yellow, enriched, dry mix	2,90
18354	Strudel, apple	2,90
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	2,90

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	2,90
35198	Prickly pears, raw (Northern Plains Indians)	2,90
05012	Chicken, broilers or fryers, meat only, cooked, fried	2,80
05080	Chicken, broilers or fryers, leg, meat only, raw	2,80
05141	Duck, domesticated, meat only, raw	2,80
06471	Soup, vegetable beef, canned, prepared with equal volume water	2,80
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	2,80
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	2,80
09322	Tamarinds, raw	2,80
11358	Potatoes, red, flesh and skin, baked	2,80
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	2,80
11530	Tomatoes, red, ripe, cooked	2,80
11549	Tomato products, canned, sauce	2,80
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	2,80
11884	Tomatoes, red, ripe, cooked, with salt	2,80
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	2,80
13345	Beef, cured, breakfast strips, cooked	2,80
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	2,80
16159	Tofu, extra firm, prepared with nigari	2,80
18117	Cake, pudding-type, marble, dry mix	2,80
19047	Snacks, pretzels, hard, plain, salted	2,80
19260	Ice creams, vanilla, light, no sugar added	2,80
19383	Candies, toffee, prepared-from-recipe	2,80
21012	Fast foods, croissant, with egg, cheese, and bacon	2,80
21121	Fast foods, roast beef sandwich, plain	2,80
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	2,80
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	2,80
27063	Sauce, enchilada, red, mild, ready to serve	2,80
36602	Restaurant, Chinese, fried rice, without meat	2,80
43217	Tomato sauce, canned, no salt added	2,80
01011	Cheese, colby	2,70
01023	Cheese, gruyere	2,70
01052	Cream, fluid, light whipping	2,70
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	2,70
01169	Cheese, low-sodium, cheddar or colby	2,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
03061	Babyfood, dinner, vegetables and ham, strained	2,70
03062	Babyfood, dinner, vegetables and ham, junior	2,70
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	2,70
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	2,70
09087	Dates, deglet noor	2,70
09421	Dates, medjool	2,70
11357	Potatoes, white, flesh and skin, baked	2,70
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2,70
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	2,70
11672	Potato pancakes	2,70
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	2,70
12037	Seeds, sunflower seed kernels, dry roasted, without salt	2,70
12154	Nuts, walnuts, black, dried	2,70
12155	Nuts, walnuts, english	2,70
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	2,70
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	2,70
14035	Beverages, ABBOTT, EAS soy protein powder	2,70
16081	Mung beans, mature seeds, cooked, boiled, without salt	2,70
16084	Mungo beans, mature seeds, cooked, boiled, without salt	2,70
16381	Mung beans, mature seeds, cooked, boiled, with salt	2,70
16384	Mungo beans, mature seeds, cooked, boiled, with salt	2,70
18347	Rolls, dinner, wheat	2,70
19098	Candies, 5TH AVENUE Candy Bar	2,70
22529	Beef Pot Pie, frozen entree, prepared	2,70
25024	Pretzels, soft, unsalted	2,70
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	2,70
32018	Spanish rice mix, dry mix, unprepared	2,70
42117	Imitation cheese, american or cheddar, low cholesterol	2,70
42205	Cheese, pasteurized process, cheddar or American, fat-free	2,70
42258	Cheese product, pasteurized process, cheddar, reduced fat	2,70
43109	Pretzels, soft	2,70
43275	Cheese, pasteurized process, American, low fat	2,70
43278	Cheese, american cheddar, imitation	2,70
01020	Cheese, fontina	2,60
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	2,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
01253	Cheese, pasteurized process, American, without added vitamin D	2,60
01254	Cheese food, pasteurized process, American, without added vitamin D	2,60
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	2,60
06417	Soup, chicken gumbo, canned, prepared with equal volume water	2,60
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	2,60
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	2,60
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	2,60
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	2,60
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	2,60
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	2,60
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	2,60
09139	Guavas, common, raw	2,60
09226	Papayas, raw	2,60
09236	Peaches, yellow, raw	2,60
09263	Persimmons, japanese, raw	2,60
09500	Apples, raw, red delicious, with skin	2,60
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	2,60
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2,60
11531	Tomatoes, red, ripe, canned, packed in tomato juice	2,60
11647	Sweet potato, canned, syrup pack, drained solids	2,60
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	2,60
18202	Cookies, sugar wafer, with creme filling, sugar free	2,60
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	2,60
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	2,60
25045	Formulated bar, high fiber, chewy, oats and chocolate	2,60
28352	Cookies, vanilla sandwich with creme filling, reduced fat	2,60
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	2,60
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	2,60
43398	Cheese, pasteurized process, cheddar or American, low sodium	2,60
01005	Cheese, brick	2,50
01025	Cheese, monterey	2,50
01027	Cheese, mozzarella, whole milk, low moisture	2,50
01030	Cheese, muenster	2,50
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	2,50
01157	Cheese, goat, semisoft type	2,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
01165	Cheese, mexican, queso anejo	2,50
01167	Cheese, mexican, queso chihuahua	2,50
01251	Cheese, Mexican blend	2,50
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	2,50
03052	Babyfood, dinner, beef stew, toddler	2,50
03140	Babyfood, fruit dessert, mango with tapioca	2,50
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	2,50
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	2,50
06015	Soup, chicken, canned, chunky, ready-to-serve	2,50
08510	Milk and cereal bar	2,50
09181	Melons, cantaloupe, raw	2,50
09183	Melons, casaba, raw	2,50
11398	Potato puffs, frozen, unprepared	2,50
11517	Sweet potato, frozen, cooked, baked, without salt	2,50
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2,50
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2,50
14317	Beverages, malted drink mix, chocolate, powder	2,50
15126	Fish, tuna, white, canned in water, drained solids	2,50
15235	Fish, catfish, channel, farmed, cooked, dry heat	2,50
16037	Beans, navy, mature seeds, raw	2,50
18021	Bread, boston brown, canned	2,50
18142	Cake, pudding-type, yellow, dry mix	2,50
18172	Cookies, gingersnaps	2,50
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	2,50
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	2,50
18338	Phyllo dough	2,50
19165	Cocoa, dry powder, unsweetened	2,50
19348	Syrups, chocolate, fudge-type	2,50
28302	Cookies, graham crackers, plain or honey, lowfat	2,50
43218	Cereals ready-to-eat, ALPEN	2,50
01004	Cheese, blue	2,40
01009	Cheese, cheddar	2,40
01034	Cheese, port de salut	2,40
01166	Cheese, mexican, queso asadero	2,40
01270	Cheese, cheddar, sharp, sliced	2,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
03114	Babyfood, vegetable, butternut squash and corn	2,40
03169	Babyfood, apple-cranberry juice	2,40
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	2,40
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	2,40
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	2,40
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	2,40
05013	Chicken, broilers or fryers, meat only, roasted	2,40
05014	Chicken, broilers or fryers, meat only, stewed	2,40
05018	Chicken, broilers or fryers, skin only, cooked, roasted	2,40
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	2,40
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	2,40
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	2,40
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	2,40
05039	Chicken, broilers or fryers, light meat, meat only, raw	2,40
05043	Chicken, broilers or fryers, dark meat, meat only, raw	2,40
05047	Chicken, broilers or fryers, separable fat, raw	2,40
05048	Chicken, broilers or fryers, back, meat and skin, raw	2,40
05053	Chicken, broilers or fryers, back, meat only, raw	2,40
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	2,40
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	2,40
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	2,40
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	2,40
05113	Chicken, roasting, meat only, raw	2,40
05117	Chicken, roasting, light meat, meat only, raw	2,40
05119	Chicken, roasting, dark meat, meat only, raw	2,40
05123	Chicken, stewing, meat and skin, raw	2,40
05129	Chicken, stewing, light meat, meat only, raw	2,40
05131	Chicken, stewing, dark meat, meat only, raw	2,40
05135	Chicken, capons, meat and skin, raw	2,40
05307	Chicken, cornish game hens, meat and skin, raw	2,40
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	2,40
05309	Chicken, cornish game hens, meat only, raw	2,40
05310	Chicken, cornish game hens, meat only, cooked, roasted	2,40
06004	Soup, bean with pork, canned, condensed	2,40
06168	Sauce, ready-to-serve, pepper or hot	2,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
07007	Bologna, beef	2,40
08144	Cereals, whole wheat hot natural cereal, dry	2,40
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	2,40
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	2,40
08610	Cereals ready-to-eat, KASHI Honey Sunshine	2,40
09370	Peaches, canned, heavy syrup, drained	2,40
11514	Sweet potato, canned, mashed	2,40
11533	Tomatoes, red, ripe, canned, stewed	2,40
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	2,40
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	2,40
16427	Tofu, raw, regular, prepared with calcium sulfate	2,40
18095	Cake, cherry fudge with chocolate frosting	2,40
18157	Cookies, chocolate wafers	2,40
18160	Cookies, chocolate chip, commercially prepared, soft-type	2,40
19031	Snacks, oriental mix, rice-based	2,40
19166	Cocoa, dry powder, unsweetened, processed with alkali	2,40
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	2,40
21063	Fast foods, burrito, with beans and beef	2,40
21488	Fast foods, quesadilla, with chicken	2,40
23577	Beef, ground, 75% lean meat / 25% fat, raw	2,40
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	2,40
31036	Potatoes, mashed, ready-to-eat	2,40
32000	Rice and vermicelli mix, beef flavor, unprepared	2,40
43276	Cheese spread, cream cheese base	2,40
43405	Cheese, swiss, low sodium	2,40
01006	Cheese, brie	2,30
01018	Cheese, edam	2,30
01022	Cheese, gouda	2,30
01024	Cheese, limburger	2,30
01026	Cheese, mozzarella, whole milk	2,30
03066	Babyfood, dinner, vegetables and lamb, strained	2,30
03181	Babyfood, cereal, barley, dry fortified	2,30
04638	Salad dressing, ranch dressing, fat-free	2,30
05075	Chicken, broilers or fryers, leg, meat and skin, raw	2,30
05311	Chicken, canned, no broth	2,30

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
06044	Soup, mushroom with beef stock, canned, condensed	2,30
06072	Soup, vegetable with beef broth, canned, condensed	2,30
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	2,30
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	2,30
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	2,30
08142	Cereals, WHEATENA, dry	2,30
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	2,30
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	2,30
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2,30
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2,30
11442	Seaweed, agar, raw	2,30
11508	Sweet potato, cooked, baked in skin, flesh, without salt	2,30
11540	Tomato juice, canned, with salt added	2,30
11601	Yam, raw	2,30
11602	Yam, cooked, boiled, drained, or baked, without salt	2,30
11875	Sweet potato, cooked, baked in skin, flesh, with salt	2,30
11886	Tomato juice, canned, without salt added	2,30
11897	Yam, cooked, boiled, drained, or baked, with salt	2,30
13317	Beef, ground, patties, frozen, cooked, broiled	2,30
16018	Beans, black turtle, mature seeds, canned	2,30
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	2,30
16316	Beans, black, mature seeds, canned, low sodium	2,30
16403	Refried beans, canned, traditional, reduced sodium	2,30
18279	Muffins, corn, commercially prepared	2,30
19002	Snacks, beef jerky, chopped and formed	2,30
19111	Candies, NESTLE, BABY RUTH Bar	2,30
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	2,30
19859	Cocoa, dry powder, hi-fat or breakfast, plain	2,30
22899	Ravioli, cheese-filled, canned	2,30
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	2,30
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	2,30
28320	English muffins, whole grain white	2,30
36414	Restaurant, Latino, tripe soup	2,30
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	2,30
01035	Cheese, provolone	2,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
01038	Cheese, romano	2,20
01044	Cheese, pasteurized process, swiss	2,20
01090	Milk, dry, whole, with added vitamin D	2,20
01212	Milk, dry, whole, without added vitamin D	2,20
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	2,20
06024	Soup, chicken and vegetable, canned, ready-to-serve	2,20
06046	Soup, cream of onion, canned, condensed	2,20
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	2,20
09003	Apples, raw, with skin	2,20
09022	Apricots, canned, water pack, with skin, solids and liquids	2,20
09024	Apricots, canned, juice pack, with skin, solids and liquids	2,20
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	2,20
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	2,20
09191	Nectarines, raw	2,20
09250	Peaches, frozen, sliced, sweetened	2,20
09316	Strawberries, raw	2,20
09318	Strawberries, frozen, unsweetened	2,20
11365	Potatoes, boiled, cooked in skin, flesh, without salt	2,20
11367	Potatoes, boiled, cooked without skin, flesh, without salt	2,20
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	2,20
11512	Sweet potato, canned, vacuum pack	2,20
11831	Potatoes, boiled, cooked in skin, flesh, with salt	2,20
11833	Potatoes, boiled, cooked without skin, flesh, with salt	2,20
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	2,20
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	2,20
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2,20
18080	Bread sticks, plain	2,20
18097	Cake, pudding-type, chocolate, dry mix	2,20
19069	Candies, NESTLE, BUTTERFINGER Bar	2,20
19124	Baking chocolate, mexican, squares	2,20
20004	Barley, hulled	2,20
20005	Barley, pearled, raw	2,20
20130	Barley flour or meal	2,20
20131	Barley malt flour	2,20
21020	Fast foods, english muffin, with cheese and sausage	2,20

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
22911	Chili, no beans, canned entree	2,20
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	2,20
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	2,20
27048	Sauce, steak, tomato based	2,20
31033	Ginger root, pickled, canned, with artificial sweetener	2,20
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	2,20
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	2,20
01017	Cheese, cream	2,10
03077	Babyfood, dinner, pasta with vegetables	2,10
03274	Babyfood, dinner, vegetables and chicken, junior	2,10
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	2,10
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	2,10
05333	Chicken, ground, crumbles, cooked, pan-browned	2,10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	2,10
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	2,10
07954	Beef sausage, pre-cooked	2,10
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2,10
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	2,10
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	2,10
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	2,10
09063	Cherries, sour, red, raw	2,10
09070	Cherries, sweet, raw	2,10
09076	Cherries, sweet, frozen, sweetened	2,10
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2,10
11510	Sweet potato, cooked, boiled, without skin	2,10
11645	Sweet potato, canned, syrup pack, solids and liquids	2,10
11659	Sweet potato, cooked, candied, home-prepared	2,10
11876	Sweet potato, cooked, boiled, without skin, with salt	2,10
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2,10
15234	Fish, catfish, channel, farmed, raw	2,10
16044	Beans, pinto, mature seeds, canned, solids and liquids	2,10
16103	Refried beans, canned, traditional style (includes USDA commodity)	2,10
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	2,10
18209	Cookies, sugar wafers with creme filling, regular	2,10
18320	Pie, lemon meringue, commercially prepared	2,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18344	Rolls, dinner, egg	2,10
19083	Candies, sweet chocolate coated fondant	2,10
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	2,10
21013	Fast foods, croissant, with egg, cheese, and ham	2,10
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	2,10
36045	ON THE BORDER, refried beans	2,10
01007	Cheese, camembert	2,00
03144	Babyfood, fruit, applesauce and cherries, strained	2,00
05125	Chicken, stewing, meat only, raw	2,00
05336	USDA Commodity Chicken, canned, meat only, drained	2,00
06959	Gravy, instant turkey, dry	2,00
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	2,00
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	2,00
08120	Cereals, oats, regular and quick, not fortified, dry	2,00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	2,00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	2,00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	2,00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	2,00
08402	Cereals, QUAKER, Quick Oats, Dry	2,00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	2,00
09041	Bananas, dehydrated, or banana powder	2,00
11105	Burdock root, cooked, boiled, drained, without salt	2,00
11352	Potatoes, flesh and skin, raw	2,00
11356	Potatoes, Russet, flesh and skin, baked	2,00
11674	Potatoes, baked, flesh and skin, without salt	2,00
11747	Burdock root, cooked, boiled, drained, with salt	2,00
11828	Potatoes, baked, flesh and skin, with salt	2,00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	2,00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2,00
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	2,00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	2,00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	2,00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	2,00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	2,00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	2,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	2,00
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	2,00
16172	Refried beans, canned, fat-free	2,00
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	2,00
18050	Bread, reduced-calorie, oat bran, toasted	2,00
18348	Rolls, dinner, whole-wheat	2,00
19150	Candies, REESE'S Peanut Butter Cups	2,00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	2,00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	2,00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	2,00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	2,00
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	2,00
43340	Cheese, parmesan, low sodium	2,00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	2,00
01054	Cream, whipped, cream topping, pressurized	1,90
01146	Cheese, parmesan, shredded	1,90
01267	Cheese, mexican, queso cotija	1,90
03068	Babyfood, dinner, chicken noodle, strained	1,90
04518	Oil, corn, industrial and retail, all purpose salad or cooking	1,90
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1,90
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	1,90
08122	Cereals, oats, instant, fortified, plain, dry	1,90
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	1,90
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1,90
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	1,90
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	1,90
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	1,90
09143	Guava sauce, cooked	1,90
09319	Strawberries, frozen, sweetened, whole	1,90
11134	Cassava, raw	1,90
11400	Potatoes, frozen, whole, unprepared	1,90
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	1,90
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,90
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,90
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,90

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,90
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	1,90
14203	Beverages, coffee, instant, regular, half the caffeine	1,90
14214	Beverages, coffee, instant, regular, powder	1,90
14218	Beverages, coffee, instant, decaffeinated, powder	1,90
14296	Beverages, lemonade-flavor drink, powder	1,90
16059	Chili with beans, canned	1,90
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	1,90
18048	Bread, raisin, enriched, toasted	1,90
19051	Snacks, rice cracker brown rice, plain	1,90
19125	Chocolate-flavored hazelnut spread	1,90
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	1,90
19816	Snacks, rice cakes, brown rice, plain, unsalted	1,90
20010	Buckwheat groats, roasted, cooked	1,90
20012	Bulgur, dry	1,90
20060	Rice bran, crude	1,90
20071	Wheat, hard red spring	1,90
20072	Wheat, hard red winter	1,90
20074	Wheat, hard white	1,90
20075	Wheat, soft white	1,90
20077	Wheat bran, crude	1,90
20080	Wheat flour, whole-grain	1,90
20088	Wild rice, raw	1,90
20142	Teff, uncooked	1,90
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,90
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,90
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,90
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,90
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,90
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,90
28305	Pancakes, plain, reduced fat	1,90
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	1,90
42204	Rice cake, cracker (include hain mini rice cakes)	1,90
01019	Cheese, feta	1,80
01048	Cheese spread, pasteurized process, American	1,80

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
01159	Cheese, goat, soft type	1,80
05011	Chicken, broilers or fryers, meat only, raw	1,80
05277	Chicken, canned, meat only, with broth	1,80
06002	Soup, black bean, canned, condensed	1,80
06150	Sauce, barbecue	1,80
07022	Frankfurter, beef, unheated	1,80
07905	Frankfurter, beef, pork, and turkey, fat free	1,80
07945	Frankfurter, beef, heated	1,80
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1,80
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	1,80
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	1,80
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	1,80
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	1,80
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	1,80
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	1,80
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	1,80
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	1,80
09262	Pear nectar, canned, without added ascorbic acid	1,80
09501	Apples, raw, golden delicious, with skin	1,80
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	1,80
11353	Potatoes, russet, flesh and skin, raw	1,80
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	1,80
11507	Sweet potato, raw, unprepared	1,80
11657	Potatoes, mashed, home-prepared, whole milk added	1,80
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,80
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,80
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,80
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,80
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,80
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,80
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,80
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,80
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	1,80
17147	Game meat, bear, cooked, simmered	1,80
18239	Croissants, butter	1,80

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18271	Ice cream cones, cake or wafer-type	1,80
18349	Rolls, french	1,80
19074	Candies, caramels	1,80
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	1,80
20138	Wheat, KAMUT khorasan, uncooked	1,80
21014	Fast foods, croissant, with egg, cheese, and sausage	1,80
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	1,80
22908	Beef, corned beef hash, with potato, canned	1,80
22912	Spaghetti, with meatballs in tomato sauce, canned	1,80
23572	Beef, ground, 80% lean meat / 20% fat, raw	1,80
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,80
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,80
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,80
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	1,80
28327	Crackers, water biscuits	1,80
32032	Sausage, egg and cheese breakfast biscuit	1,80
35146	Stew, mutton, corn, squash (Navajo)	1,80
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	1,80
42155	Cheese, monterey, low fat	1,80
42179	Frankfurter, beef, low fat	1,80
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	1,80
43008	Babyfood, dinner, chicken and rice	1,80
43285	Eggs, scrambled, frozen mixture	1,80
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	1,80
43597	Cheese, mozzarella, low sodium	1,80
01031	Cheese, neufchatel	1,70
01032	Cheese, parmesan, grated	1,70
01033	Cheese, parmesan, hard	1,70
01050	Cream, fluid, light (coffee cream or table cream)	1,70
01069	Cream substitute, powdered	1,70
01204	Cheese, parmesan, dry grated, reduced fat	1,70
03013	Babyfood, meat, chicken, junior	1,70
06018	Soup, chunky chicken noodle, canned, ready-to-serve	1,70
07963	Frankfurter, meat and poultry, cooked, boiled	1,70
07971	Bologna, meat and poultry	1,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
07979	Sausage, pork, turkey, and beef, reduced sodium	1,70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	1,70
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1,70
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	1,70
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	1,70
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	1,70
09237	Peaches, canned, water pack, solids and liquids	1,70
09238	Peaches, canned, juice pack, solids and liquids	1,70
09240	Peaches, canned, light syrup pack, solids and liquids	1,70
09241	Peaches, canned, heavy syrup pack, solids and liquids	1,70
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	1,70
09320	Strawberries, frozen, sweetened, sliced	1,70
11215	Garlic, raw	1,70
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	1,70
11364	Potatoes, baked, skin, without salt	1,70
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	1,70
11830	Potatoes, baked, skin only, with salt	1,70
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,70
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	1,70
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,70
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,70
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,70
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	1,70
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,70
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,70
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	1,70
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	1,70
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	1,70
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	1,70
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,70
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,70
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,70
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	1,70
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1,70
16070	Lentils, mature seeds, cooked, boiled, without salt	1,70

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16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	1,70
16370	Lentils, mature seeds, cooked, boiled, with salt	1,70
17182	Game meat, raccoon, cooked, roasted	1,70
18040	Bread, oatmeal, toasted	1,70
18047	Bread, raisin, enriched	1,70
18049	Bread, reduced-calorie, oat bran	1,70
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	1,70
18155	Cookies, butter, commercially prepared, enriched	1,70
21463	Yogurt parfait, lowfat, with fruit and granola	1,70
22962	LEAN POCKETS, Ham N Cheddar	1,70
23220	Beef, ground, unspecified fat content, cooked	1,70
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	1,70
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,70
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,70
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	1,70
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	1,70
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	1,70
27065	Dip, bean, original flavor	1,70
28350	Cookies, chocolate cream covered biscuit sticks	1,70
32031	Salisbury steak with gravy, frozen	1,70
35144	Stew, dumpling with mutton (Navajo)	1,70
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	1,70
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	1,70
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	1,70
01028	Cheese, mozzarella, part skim milk	1,60
01209	Cheese, Mexican, blend, reduced fat	1,60
01229	Cheese, white, queso blanco	1,60
03047	Babyfood, dinner, beef noodle, strained	1,60
03069	Babyfood, dinner, chicken noodle, junior	1,60
03158	Babyfood, fruit, pears and pineapple, strained	1,60
04636	Salad dressing, italian dressing, fat-free	1,60
05337	USDA Commodity, Chicken, canned, meat only, with water	1,60
05338	USDA Commodity, Chicken, canned, meat only, with broth	1,60
06009	Soup, beef noodle, canned, condensed	1,60
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
06426	Soup, chili beef, canned, prepared with equal volume water	1,60
07004	Sausage, Berliner, pork, beef	1,60
07014	Braunschweiger (a liver sausage), pork	1,60
07016	Cheesefurter, cheese smokie, pork, beef	1,60
07019	Chorizo, pork and beef	1,60
07038	Knackwurst, knockwurst, pork, beef	1,60
07043	Roast beef, deli style, prepackaged, sliced	1,60
07050	Mortadella, beef, pork	1,60
07056	Peppered loaf, pork, beef	1,60
07065	Pork and beef sausage, fresh, cooked	1,60
07073	Sandwich spread, pork, beef	1,60
07083	Sausage, Vienna, canned, chicken, beef, pork	1,60
07919	Sausage, turkey, breakfast links, mild	1,60
07921	Bacon and beef sticks	1,60
07931	Beerwurst, pork and beef	1,60
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	1,60
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	1,60
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	1,60
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	1,60
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	1,60
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	1,60
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	1,60
08393	Cereals ready-to-eat, KASHI GOLEAN	1,60
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	1,60
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	1,60
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	1,60
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	1,60
09165	Litchis, dried	1,60
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	1,60
11104	Burdock root, raw	1,60
11354	Potatoes, white, flesh and skin, raw	1,60
11490	Squash, winter, hubbard, baked, without salt	1,60
11868	Squash, winter, hubbard, baked, with salt	1,60
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
13348	Beef, cured, corned beef, canned	1,60
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,60
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	1,60
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,60
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,60
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1,60
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,60
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,60
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	1,60
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,60
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,60
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,60
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	1,60
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,60
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,60
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,60
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,60
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	1,60
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,60
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
14236	Beverages, coffee substitute, cereal grain beverage, powder	1,60
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	1,60
17151	Game meat, beaver, cooked, roasted	1,60
17176	Game meat, opossum, cooked, roasted	1,60
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	1,60
18955	Bread, pan dulce, sweet yeast bread	1,60
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	1,60
19142	Candies, MOUNDS Candy Bar	1,60
19182	Desserts, mousse, chocolate, prepared-from-recipe	1,60
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	1,60
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,60
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	1,60
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	1,60
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	1,60
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,60
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,60
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,60
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,60
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,60
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,60
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,60
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,60
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	1,60
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,60
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,60
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	1,60
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	1,60
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,60
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,60
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,60
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,60
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,60
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,60
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,60
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	1,60
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,60
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,60
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,60
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,60
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,60
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,60
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,60
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,60
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,60
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,60
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	1,60
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,60
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,60
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,60
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,60
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,60
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	1,60
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	1,60
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,60
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,60
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,60
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	1,60
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	1,60
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,60
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,60
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	1,60
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,60
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	1,60
25062	Snack, Mixed Berry Bar	1,60
42304	Cheese, mozzarella, nonfat	1,60
01056	Cream, sour, cultured	1,50
01137	Egg, yolk, dried	1,50
01182	USDA Commodity, cheese, cheddar, reduced fat	1,50
01208	Cheese, provolone, reduced fat	1,50
01227	Cheese, dry white, queso seco	1,50
01260	Cheese, cheddar, reduced fat	1,50
03082	Babyfood, dinner, turkey and rice, strained	1,50
03109	Babyfood, vegetables, sweet potatoes, junior	1,50

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
03185	Babyfood, cereal, mixed, dry fortified	1,50
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	1,50
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	1,50
05006	Chicken, broilers or fryers, meat and skin, raw	1,50
06463	Soup, tomato rice, canned, prepared with equal volume water	1,50
06559	Soup, tomato, canned, prepared with equal volume water, commercial	1,50
06964	Soup, tomato, low sodium, with water	1,50
07958	Turkey sausage, fresh, cooked	1,50
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	1,50
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	1,50
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	1,50
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	1,50
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	1,50
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	1,50
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	1,50
09068	Cherries, sour, red, frozen, unsweetened	1,50
09317	Strawberries, canned, heavy syrup pack, solids and liquids	1,50
09328	Maraschino cherries, canned, drained	1,50
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1,50
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,50
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	1,50
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,50
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	1,50
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	1,50
13347	Beef, cured, corned beef, brisket, cooked	1,50
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	1,50
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	1,50
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	1,50
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	1,50
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	1,50
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	1,50
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,50
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,50
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,50
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,50
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	1,50
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,50
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	1,50
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,50
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	1,50
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	1,50
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	1,50
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,50
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,50
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,50
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,50
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	1,50
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	1,50
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,50
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	1,50
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	1,50
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,50
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	1,50
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	1,50
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	1,50
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	1,50
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
14224	Beverages, coffee, instant, mocha, sweetened	1,50
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	1,50
17181	Game meat, rabbit, wild, cooked, stewed	1,50
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	1,50
17424	Veal, ground, cooked, pan-fried	1,50
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	1,50
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	1,50
18036	Bread, multi-grain, toasted (includes whole-grain)	1,50
18039	Bread, oatmeal	1,50
18110	Cake, fruitcake, commercially prepared	1,50
18272	Ice cream cones, sugar, rolled-type	1,50
18968	Bagels, wheat	1,50
19184	Puddings, chocolate, dry mix, instant	1,50
21022	Fast foods, english muffin, with egg, cheese, and sausage	1,50
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	1,50
23094	Beef, chuck for stew, separable lean and fat, select, raw	1,50
23095	Beef, chuck for stew, separable lean and fat, choice, raw	1,50
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,50
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,50
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,50
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,50
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,50
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	1,50
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	1,50
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	1,50
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	1,50
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	1,50
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,50
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	1,50
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	1,50
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	1,50
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	1,50
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1,50
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	1,50
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	1,50
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,50
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,50
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	1,50
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	1,50
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,50
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,50
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,50
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,50
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	1,50
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	1,50
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	1,50
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	1,50
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,50
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,50
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	1,50
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	1,50
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	1,50
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	1,50
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	1,50
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,50
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	1,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,50
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,50
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	1,50
25001	Snacks, popcorn, microwave, low fat	1,50
25038	Snacks, granola bars, soft, almond, confectioners coating	1,50
27054	Dip, TOSTITOS, salsa con queso, medium	1,50
42267	Babyfood, juice, orange-carrot	1,50
42303	Cheese, muenster, low fat	1,50
43311	Potatoes, canned, drained solids, no salt added	1,50
43441	Rolls, pumpernickel	1,50
43529	Babyfood, rice and apples, dry	1,50
43541	Ice creams, chocolate, rich	1,50
01040	Cheese, swiss	1,40
02046	Mustard, prepared, yellow	1,40
03096	Babyfood, vegetable, green beans and potatoes	1,40
03108	Babyfood, vegetables, sweet potatoes strained	1,40
03189	Babyfood, cereal, oatmeal, dry fortified	1,40
06094	Soup, onion, dry, mix	1,40
06528	Soup, chicken noodle, dry, mix, prepared with water	1,40
08002	Cereals ready-to-eat, POST, ALPHA-BITS	1,40
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	1,40
08029	Cereals ready-to-eat, POST Bran Flakes	1,40
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1,40
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	1,40
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	1,40
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	1,40
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	1,40
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	1,40
09002	Acerola juice, raw	1,40
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	1,40
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	1,40
09071	Cherries, sweet, canned, water pack, solids and liquids	1,40
09072	Cherries, sweet, canned, juice pack, solids and liquids	1,40
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	1,40
09081	Cranberry sauce, canned, sweetened	1,40

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
09193	Olives, ripe, canned (small-extra large)	1,40
09194	Olives, ripe, canned (jumbo-super colossal)	1,40
09195	Olives, pickled, canned or bottled, green	1,40
11258	Mountain yam, hawaii, raw	1,40
11487	Squash, winter, butternut, frozen, unprepared	1,40
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	1,40
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,40
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	1,40
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	1,40
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	1,40
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	1,40
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,40
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,40
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,40
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,40
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,40
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	1,40
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,40
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	1,40
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,40
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	1,40
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	1,40
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,40
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,40
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,40
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,40
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	1,40
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,40
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	1,40
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,40
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,40
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	1,40
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,40
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,40
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,40
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,40
15261	Fish, tilapia, raw	1,40
17142	Veal, ground, raw	1,40
17159	Game meat, boar, wild, cooked, roasted	1,40
17163	Game meat, caribou, cooked, roasted	1,40
17184	Game meat, squirrel, cooked, roasted	1,40
17203	Veal, variety meats and by-products, liver, cooked, braised	1,40
17344	Game meat, deer, ground, cooked, pan-broiled	1,40
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	1,40
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	1,40
18042	Bread, pita, whole-wheat	1,40
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1,40
19058	Snacks, tortilla chips, ranch-flavor	1,40
19100	Candies, fudge, chocolate, prepared-from-recipe	1,40
20113	Noodles, chinese, chow mein	1,40
20124	Pasta, whole-wheat, dry	1,40
22972	Pulled pork in barbecue sauce	1,40
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	1,40
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	1,40
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	1,40
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	1,40
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	1,40
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	1,40
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	1,40
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	1,40
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,40
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,40
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,40
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,40
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,40
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,40
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	1,40
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	1,40
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,40

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
28397	Bread, multi-grain (includes whole-grain)	1,40
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	1,40
42272	Snacks, granola bar, with coconut, chocolate coated	1,40
43483	Millet, puffed	1,40
01029	Cheese, mozzarella, low moisture, part-skim	1,30
01049	Cream, fluid, half and half	1,30
01225	Dulce de Leche	1,30
01237	Ice cream, bar or stick, chocolate covered	1,30
01238	Ice cream sandwich	1,30
01239	Ice cream cookie sandwich	1,30
01271	Cheese, mozzarella, low moisture, part-skim, shredded	1,30
02055	Horseradish, prepared	1,30
03171	Babyfood, juice, apple and prune	1,30
03303	Babyfood, dinner, sweet potatoes and chicken, strained	1,30
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	1,30
07002	Beerwurst, beer salami, pork and beef	1,30
07068	Salami, cooked, beef	1,30
07070	Salami, cooked, turkey	1,30
07078	Thuringer, cervelat, summer sausage, beef, pork	1,30
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	1,30
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	1,30
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	1,30
08074	Cereals ready-to-eat, RALSTON TASTEEOS	1,30
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	1,30
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	1,30
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	1,30
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	1,30
09503	Apples, raw, gala, with skin	1,30
11429	Radishes, raw	1,30
11489	Squash, winter, hubbard, raw	1,30
13023	Beef, brisket, whole, separable lean only, all grades, raw	1,30
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	1,30
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
13350	Beef, cured, dried	1,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,30
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,30
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,30
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,30
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,30
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,30
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,30
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,30
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,30
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,30
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,30
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,30
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,30
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,30
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,30
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	1,30
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,30
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,30
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	1,30
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	1,30
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	1,30
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	1,30
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,30
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,30
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,30
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	1,30
17104	Veal, loin, separable lean and fat, raw	1,30
17148	Bison, ground, grass-fed, cooked	1,30
17157	Game meat, bison, separable lean only, cooked, roasted	1,30
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	1,30
17427	Veal, loin, chop, separable lean only, cooked, grilled	1,30
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	1,30
18038	Bread, oat bran, toasted	1,30
18043	Bread, protein (includes gluten)	1,30
18061	Bread, rye, toasted	1,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18066	Bread, wheat bran	1,30
18383	Bread, protein, (includes gluten), toasted	1,30
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1,30
19057	Snacks, tortilla chips, nacho cheese	1,30
19089	Ice creams, vanilla, rich	1,30
19216	Candies, praline, prepared-from-recipe	1,30
19400	Snacks, banana chips	1,30
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1,30
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,30
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	1,30
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	1,30
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	1,30
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	1,30
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	1,30
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	1,30
23567	Beef, ground, 85% lean meat / 15% fat, raw	1,30
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,30
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	1,30
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,30
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,30
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	1,30
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,30
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,30
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,30
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	1,30
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	1,30
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,30
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,30
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	1,30
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	1,30
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	1,30
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	1,30
01133	Egg, whole, dried	1,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
01203	Yogurt, fruit, lowfat, with low calorie sweetener	1,20
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	1,20
03145	Babyfood, fruit, applesauce and cherries, junior	1,20
06167	Sauce, homemade, white, thick	1,20
06404	Soup, bean with pork, canned, prepared with equal volume water	1,20
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	1,20
07021	Dutch brand loaf, chicken, pork and beef	1,20
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1,20
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	1,20
08305	Cereals ready-to-eat, Post, Waffle Crisp	1,20
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	1,20
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	1,20
08546	Rice and Wheat cereal bar	1,20
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	1,20
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	1,20
09036	Apricot nectar, canned, without added ascorbic acid	1,20
11519	Taro, cooked, without salt	1,20
11878	Taro, cooked, with salt	1,20
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	1,20
13340	Beef, variety meats and by-products, tongue, cooked, simmered	1,20
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,20
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	1,20
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	1,20
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	1,20
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	1,20
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	1,20
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	1,20
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	1,20
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	1,20
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,20
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,20
17128	Veal, shoulder, blade chop, separable lean and fat, raw	1,20
17143	Veal, ground, cooked, broiled	1,20
17149	Bison, ground, grass-fed, raw	1,20
17169	Game meat, goat, cooked, roasted	1,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
17173	Game meat, moose, cooked, roasted	1,20
17343	Game meat, deer, ground, raw	1,20
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1,20
18033	Bread, italian	1,20
18037	Bread, oat bran	1,20
18060	Bread, rye	1,20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	1,20
18345	Rolls, dinner, oat bran	1,20
18385	Bread, wheat germ, toasted	1,20
19034	Snacks, popcorn, air-popped	1,20
19118	Candies, NESTLE, OH HENRY! Bar	1,20
22914	Pasta with tomato sauce, no meat, canned	1,20
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	1,20
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	1,20
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	1,20
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	1,20
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	1,20
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	1,20
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	1,20
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,20
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,20
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,20
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,20
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,20
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,20
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,20
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,20
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,20
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	1,20
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	1,20
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	1,20
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	1,20
25037	Snacks, pita chips, salted	1,20
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	1,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
27000	Soup, egg drop, Chinese restaurant	1,20
28317	Bread, wheat, sprouted, toasted	1,20
43027	Jellies, no sugar (with sodium saccharin), any flavors	1,20
01036	Cheese, ricotta, whole milk	1,10
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	1,10
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	1,10
03213	Babyfood, cookies	1,10
03227	Babyfood, dessert, peach cobbler, strained	1,10
03228	Babyfood, dessert, peach cobbler, junior	1,10
06053	Soup, cream of potato, canned, condensed	1,10
06149	Soup, chicken mushroom, canned, condensed	1,10
07956	Beef sausage, fresh, cooked	1,10
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	1,10
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	1,10
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	1,10
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	1,10
09033	Apricots, dried, sulfured, stewed, without added sugar	1,10
11422	Pumpkin, raw	1,10
11485	Squash, winter, butternut, raw	1,10
11643	Squash, winter, all varieties, raw	1,10
13047	Beef, grass-fed, ground, raw	1,10
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	1,10
14250	Beverages, AMBER, hard cider	1,10
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	1,10
15232	Fish, roughy, orange, cooked, dry heat	1,10
17107	Veal, loin, separable lean only, raw	1,10
17164	Game meat, deer, raw	1,10
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	1,10
18081	Bread stuffing, bread, dry mix	1,10
18171	Cookies, fortune	1,10
18267	English muffins, whole-wheat, toasted	1,10
18384	Bread, rice bran, toasted	1,10
19036	Snacks, popcorn, cakes	1,10
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	1,10
19434	Cheese puffs and twists, corn based, baked, low fat	1,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
20086	Wheat flour, white, tortilla mix, enriched	1,10
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	1,10
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	1,10
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	1,10
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	1,10
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,10
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	1,10
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,10
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,10
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,10
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	1,10
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	1,10
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	1,10
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,10
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,10
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	1,10
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	1,10
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	1,10
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	1,10
25000	Snacks, popcorn, microwave, 94% fat free	1,10
25017	Formulated bar, POWER BAR, chocolate	1,10
27001	Soup, hot and sour, Chinese restaurant	1,10
28309	Cookies, coconut macaroon	1,10
28316	Bread, wheat, sprouted	1,10
28324	Pancakes, whole wheat, dry mix, incomplete	1,10
32008	Pasta mix, classic cheeseburger macaroni, unprepared	1,10
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	1,10
43261	Yogurt, fruit variety, nonfat	1,10
43274	Cheese, cream, low fat	1,10
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	1,10
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	1,10
01161	Cheese substitute, mozzarella	1,00
01228	Cheese, fresh, queso fresco	1,00
03012	Babyfood, meat, chicken, strained	1,00
03142	Babyfood, fruit, applesauce and apricots, strained	1,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	1,00
06971	Sauce, worcestershire	1,00
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	1,00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	1,00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	1,00
09251	Peach nectar, canned, without added ascorbic acid	1,00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	1,00
09435	Guava nectar, canned, with added ascorbic acid	1,00
09504	Apples, raw, fuji, with skin	1,00
09519	Guava nectar, with sucralose, canned	1,00
11299	Parsnips, cooked, boiled, drained, without salt	1,00
11349	Poi	1,00
11486	Squash, winter, butternut, cooked, baked, without salt	1,00
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	1,00
11518	Taro, raw	1,00
11808	Parsnips, cooked, boiled, drained, with salt	1,00
11866	Squash, winter, butternut, cooked, baked, with salt	1,00
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	1,00
14242	Cranberry juice cocktail, bottled	1,00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	1,00
15167	Mollusks, oyster, eastern, wild, raw	1,00
16008	Beans, baked, canned, with franks	1,00
17131	Veal, shoulder, blade chop, separable lean only, raw	1,00
17435	Veal, shank, separable lean and fat, raw	1,00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1,00
18028	Bread, egg, toasted	1,00
18059	Bread, rice bran	1,00
18266	English muffins, whole-wheat	1,00
21306	Fast foods, griddle cake sandwich, sausage	1,00
27059	Sauce, peanut, made from peanut butter, water, soy sauce	1,00
36608	CRACKER BARREL, grilled sirloin steak	1,00
36615	DENNY'S, top sirloin steak	1,00
43021	Salad dressing, caesar, low calorie	1,00
01164	Cheese sauce, prepared from recipe	0,90
01236	Ice cream, soft serve, chocolate	0,90

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
03179	Babyfood, juice, mixed fruit	0,90
03217	Zwieback	0,90
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0,90
06166	Sauce, homemade, white, medium	0,90
06402	Soup, black bean, canned, prepared with equal volume water	0,90
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0,90
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	0,90
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	0,90
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	0,90
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	0,90
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0,90
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0,90
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0,90
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0,90
11492	Squash, winter, spaghetti, raw	0,90
13000	Beef, grass-fed, strip steaks, lean only, raw	0,90
14192	Beverages, Cocoa mix, powder	0,90
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0,90
15262	Fish, tilapia, cooked, dry heat	0,90
17202	Veal, variety meats and by-products, liver, raw	0,90
17428	Veal, shank, separable lean only, raw	0,90
18027	Bread, egg	0,90
18045	Bread, pumpernickel, toasted	0,90
18220	Crackers, melba toast, plain	0,90
18265	English muffins, wheat, toasted	0,90
19090	Ice creams, french vanilla, soft-serve	0,90
19263	Frozen novelties, fruit and juice bars	0,90
19294	Fruit butters, apple	0,90
19367	Toppings, nuts in syrup	0,90
19436	Popcorn, sugar syrup/caramel, fat-free	0,90
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0,90
20031	Millet, raw	0,90
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0,90
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0,90
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0,90

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,90
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,90
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,90
27002	Soup, wonton, Chinese restaurant	0,90
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0,90
42141	Cream substitute, liquid, light	0,90
01060	Milk, filled, fluid, with lauric acid oil	0,80
02021	Spices, ginger, ground	0,80
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0,80
03152	Babyfood, fruit, apple and raspberry, strained	0,80
03153	Babyfood, fruit, apple and raspberry, junior	0,80
03154	Babyfood, fruit and vegetable, apple and sweet potato	0,80
03170	Babyfood, juice, apple and plum	0,80
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0,80
05332	Chicken, ground, raw	0,80
06030	Soup, clam chowder, new england, canned, condensed	0,80
06409	Soup, beef noodle, canned, prepared with equal volume water	0,80
06498	Soup, tomato, dry, mix, prepared with water	0,80
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0,80
07929	Sausage, turkey, hot, smoked	0,80
09229	Papaya nectar, canned	0,80
09436	Mango nectar, canned	0,80
11423	Pumpkin, cooked, boiled, drained, without salt	0,80
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0,80
11677	Shallots, raw	0,80
11845	Pumpkin, cooked, boiled, drained, with salt	0,80
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0,80
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	0,80
16006	Beans, baked, canned, plain or vegetarian	0,80
18006	Bagels, cinnamon-raisin, toasted	0,80
18044	Bread, pumpernickel	0,80
18264	English muffins, wheat	0,80
19104	Candies, fudge, vanilla with nuts	0,80
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0,80
20006	Barley, pearled, cooked	0,80

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
20647	Millet flour	0,80
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0,80
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0,80
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0,80
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0,80
23562	Beef, ground, 90% lean meat / 10% fat, raw	0,80
27061	Gravy, HEINZ Home Style, classic chicken	0,80
35142	Frybread, made with lard (Navajo)	0,80
43449	Beans, baked, canned, no salt added	0,80
01037	Cheese, ricotta, part skim milk	0,70
01125	Egg, yolk, raw, fresh	0,70
01126	Egg, yolk, raw, frozen, pasteurized	0,70
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0,70
01160	Egg, yolk, raw, frozen, salted, pasteurized	0,70
01178	Sour cream, reduced fat	0,70
01210	Egg Mix, USDA Commodity	0,70
04042	Oil, peanut, salad or cooking	0,70
05284	Turkey, canned, meat only, with broth	0,70
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0,70
06700	Soup, vegetable broth, ready to serve	0,70
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0,70
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	0,70
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	0,70
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	0,70
09006	Apples, raw, without skin, cooked, microwave	0,70
09012	Apples, dried, sulfured, stewed, without added sugar	0,70
09231	Passion-fruit, (granadilla), purple, raw	0,70
09266	Pineapple, raw, all varieties	0,70
09272	Pineapple, frozen, chunks, sweetened	0,70
09277	Plantains, raw	0,70
09278	Plantains, cooked	0,70
09354	Pineapple, canned, juice pack, drained	0,70
09429	Pineapple, raw, traditional varieties	0,70
09430	Pineapple, raw, extra sweet variety	0,70
11220	Gourd, dishcloth (towelgourd), raw	0,70

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13355	Beef, cured, pastrami	0,70
14196	Beverages, Cocoa mix, no sugar added, powder	0,70
15073	Fish, roughy, orange, raw	0,70
18005	Bagels, cinnamon-raisin	0,70
18029	Bread, french or vienna (includes sourdough)	0,70
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0,70
19137	Toppings, strawberry	0,70
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0,70
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0,70
22401	Spaghetti with meat sauce, frozen entree	0,70
28318	Bread, french or vienna, whole wheat	0,70
35145	Stew, hominy with mutton (Navajo)	0,70
42266	Babyfood, juice, apple-sweet potato	0,70
42285	Babyfood, cereal, brown rice, dry, instant	0,70
43364	Snacks, tortilla chips, unsalted, white corn	0,70
43566	Snacks, tortilla chips, light (baked with less oil)	0,70
01055	Cream, sour, reduced fat, cultured	0,60
01095	Milk, canned, condensed, sweetened	0,60
01168	Cheese, low fat, cheddar or colby	0,60
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0,60
01244	Milk dessert bar, frozen, made from lowfat milk	0,60
01265	Cheese, cheddar, nonfat or fat free	0,60
03002	Babyfood, meat, beef, strained	0,60
03003	Babyfood, meat, beef, junior	0,60
03010	Babyfood, meat, lamb, strained	0,60
03115	Babyfood, apples, dices, toddler	0,60
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0,60
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0,60
03163	Babyfood, fruit, bananas with apples and pears, strained	0,60
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	0,60
03297	Babyfood, dinner, apples and chicken, strained	0,60
03934	Babyfood, corn and sweet potatoes, strained	0,60
03994	Babyfood, fruit, banana and strawberry, junior	0,60
04047	Oil, coconut	0,60
06119	Gravy, chicken, canned or bottled, ready-to-serve	0,60

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
06165	Sauce, homemade, white, thin	0,60
07960	Bologna, chicken, pork	0,60
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0,60
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	0,60
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	0,60
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0,60
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0,60
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	0,60
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	0,60
09004	Apples, raw, without skin	0,60
09005	Apples, raw, without skin, cooked, boiled	0,60
09007	Apples, canned, sweetened, sliced, drained, unheated	0,60
09008	Apples, canned, sweetened, sliced, drained, heated	0,60
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,60
09159	Limes, raw	0,60
09160	Lime juice, raw	0,60
15012	Fish, caviar, black and red, granular	0,60
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0,60
16149	Peanut spread, reduced sugar	0,60
16150	Peanut butter, smooth, reduced fat	0,60
16155	Peanut butter, smooth, vitamin and mineral fortified	0,60
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0,60
18053	Bread, reduced-calorie, rye	0,60
18057	Bread, reduced-calorie, white	0,60
18353	Rolls, hard (includes kaiser)	0,60
19114	Ice creams, chocolate, light	0,60
19183	Puddings, chocolate, ready-to-eat	0,60
19201	Puddings, vanilla, ready-to-eat	0,60
20036	Rice, brown, long-grain, raw	0,60
20125	Pasta, whole-wheat, cooked	0,60
22998	Rice and vermicelli mix, chicken flavor, unprepared	0,60
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,60
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,60
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,60
25028	Tortilla chips, yellow, plain, salted	0,60

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
28322	Bagels, multigrain	0,60
28348	Rolls, dinner, sweet	0,60
32011	Yellow rice with seasoning, dry packet mix, unprepared	0,60
42291	Peanut butter, reduced sodium	0,60
43007	Babyfood, fruit, tutti frutti, junior	0,60
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0,50
01179	Sour cream, light	0,50
01223	Protein supplement, milk based, Muscle Milk, powder	0,50
01224	Protein supplement, milk based, Muscle Milk Light, powder	0,50
01241	Ice cream sandwich, made with light ice cream, vanilla	0,50
01242	Ice cream sandwich, vanilla, light, no sugar added	0,50
01266	Cheese, Swiss, nonfat or fat free	0,50
03021	Babyfood, meat, meat sticks, junior	0,50
03116	Babyfood, fruit, applesauce, strained	0,50
03143	Babyfood, fruit, applesauce and apricots, junior	0,50
03168	Babyfood, juice, apple and peach	0,50
03194	Babyfood, cereal, rice, dry fortified	0,50
03214	Babyfood, cookies, arrowroot	0,50
03216	Babyfood, teething biscuits	0,50
03220	Babyfood, dessert, dutch apple, strained	0,50
03221	Babyfood, dessert, dutch apple, junior	0,50
03222	Babyfood, cherry cobbler, junior	0,50
03289	Babyfood, apples with ham, strained	0,50
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0,50
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0,50
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0,50
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0,50
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0,50
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,50
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0,50
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0,50
06175	Sauce, hoisin, ready-to-serve	0,50
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0,50
07935	Oven-roasted chicken breast roll	0,50
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0,50

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0,50
08106	Cereals, CREAM OF WHEAT, instant, dry	0,50
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0,50
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0,50
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,50
09040	Bananas, raw	0,50
09059	Breadfruit, raw	0,50
09161	Lime juice, canned or bottled, unsweetened	0,50
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,50
11283	Onions, cooked, boiled, drained, without salt	0,50
11656	Corn pudding, home prepared	0,50
11805	Onions, cooked, boiled, drained, with salt	0,50
13322	Beef, variety meats and by-products, heart, cooked, simmered	0,50
14033	Beverages, ABBOTT, EAS whey protein powder	0,50
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0,50
14181	Beverages, chocolate syrup	0,50
14238	Beverages, cranberry-apple juice drink, bottled	0,50
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0,50
15084	Fish, salmon, pink, canned, total can contents	0,50
15212	Fish, salmon, pink, cooked, dry heat	0,50
15236	Fish, salmon, Atlantic, farmed, raw	0,50
16011	Beans, baked, canned, with pork and tomato sauce	0,50
16097	Peanut butter, chunk style, with salt	0,50
16156	Peanut butter, chunky, vitamin and mineral fortified	0,50
16397	Peanut butter, chunk style, without salt	0,50
18030	Bread, french or vienna, toasted (includes sourdough)	0,50
19103	Candies, fudge, vanilla, prepared-from-recipe	0,50
19312	Pie fillings, apple, canned	0,50
20013	Bulgur, cooked	0,50
20089	Wild rice, cooked	0,50
20109	Noodles, egg, dry, enriched	0,50
20409	Noodles, egg, dry, unenriched	0,50
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0,50
23472	Beef, ground, 93% lean meat / 7% fat, raw	0,50
28319	Bagels, whole grain white	0,50

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0,50
32029	Rice mix, white and wild, flavored, unprepared	0,50
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0,50
43142	Radishes, hawaiian style, pickled	0,50
43379	Cheese, pasteurized process, swiss, low fat	0,50
43523	Babyfood, mixed fruit yogurt, strained	0,50
43546	Babyfood, banana no tapioca, strained	0,50
43589	Cheese, swiss, low fat	0,50
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	0,50
01013	Cheese, cottage, creamed, with fruit	0,40
01094	Milk, buttermilk, dried	0,40
01138	Egg, duck, whole, fresh, raw	0,40
01139	Egg, goose, whole, fresh, raw	0,40
01144	Egg substitute, powder	0,40
01185	Parmesan cheese topping, fat free	0,40
01263	Ice cream, light, soft serve, chocolate	0,40
02020	Spices, garlic powder	0,40
03014	Babyfood, meat, chicken sticks, junior	0,40
03118	Babyfood, fruit, apricot with tapioca, strained	0,40
03128	Babyfood, fruit, apricot with tapioca, junior	0,40
03268	Babyfood, juice, apple and cherry	0,40
03681	Babyfood, cereal, barley, prepared with whole milk	0,40
03685	Babyfood, cereal, mixed, prepared with whole milk	0,40
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0,40
05674	Chicken, skin (drumsticks and thighs), raw	0,40
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0,40
06045	Soup, onion, canned, condensed	0,40
06049	Soup, pea, green, canned, condensed	0,40
06124	Gravy, pork, dry, powder	0,40
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0,40
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0,40
06958	Gravy, instant beef, dry	0,40
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0,40
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0,40
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
08182	Cereals, WHEATENA, cooked with water, with salt	0,40
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0,40
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	0,40
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0,40
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,40
09164	Litchis, raw	0,40
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,40
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,40
09232	Passion-fruit juice, purple, raw	0,40
09233	Passion-fruit juice, yellow, raw	0,40
09315	Soursop, raw	0,40
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,40
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0,40
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0,40
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0,40
11182	Corn, yellow, whole kernel, frozen, microwaved	0,40
11282	Onions, raw	0,40
11289	Onions, frozen, whole, unprepared	0,40
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0,40
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0,40
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0,40
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0,40
14096	Alcoholic beverage, wine, table, red	0,40
14106	Alcoholic beverage, wine, table, white	0,40
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0,40
14347	Shake, fast food, vanilla	0,40
15018	Fish, cod, Atlantic, dried and salted	0,40
15083	Fish, salmon, pink, raw	0,40
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0,40
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0,40
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0,40
16010	Beans, baked, canned, with pork and sweet sauce	0,40
18007	Bagels, oat bran	0,40
18375	Leavening agents, yeast, baker's, active dry	0,40
18459	Breakfast tart, low fat	0,40

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18946	Pie crust, refrigerated, regular, baked	0,40
19088	Ice creams, vanilla, light	0,40
19096	Ice creams, vanilla, light, soft-serve	0,40
19148	Candies, peanut brittle, prepared-from-recipe	0,40
19218	Puddings, tapioca, ready-to-eat	0,40
19866	Candies, soft fruit and nut squares	0,40
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0,40
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0,40
21248	WENDY'S, Frosty Dairy Dessert	0,40
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,40
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,40
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,40
27062	Soup, beef barley, ready to serve	0,40
31021	Potatoes, hash brown, refrigerated, unprepared	0,40
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0,40
42119	Babyfood, banana juice with low fat yogurt	0,40
43006	Babyfood, fruit, tutti frutti, strained	0,40
43112	Beans, chili, barbecue, ranch style, cooked	0,40
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0,40
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0,40
01057	Eggnog	0,30
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0,30
01089	Milk, low sodium, fluid	0,30
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0,30
01106	Milk, goat, fluid, with added vitamin D	0,30
01107	Milk, human, mature, fluid	0,30
01123	Egg, whole, raw, fresh	0,30
01129	Egg, whole, cooked, hard-boiled	0,30
01131	Egg, whole, cooked, poached	0,30
01140	Egg, quail, whole, fresh, raw	0,30
01171	Egg, whole, raw, frozen, pasteurized	0,30
01200	Reddi Wip Fat Free Whipped Topping	0,30
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0,30
01230	Milk, buttermilk, fluid, whole	0,30
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0,30

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
01255	Egg, whole, raw, frozen, salted, pasteurized	0,30
03117	Babyfood, fruit, applesauce, junior	0,30
03147	Babyfood, fruit, applesauce with banana, junior	0,30
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0,30
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	0,30
03215	Babyfood, pretzels	0,30
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0,30
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0,30
04706	Dressing, honey mustard, fat-free	0,30
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0,30
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0,30
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0,30
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0,30
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0,30
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0,30
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0,30
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0,30
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0,30
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0,30
06023	Soup, chicken with rice, canned, condensed	0,30
06957	Gravy, brown instant, dry	0,30
07008	Bologna, beef and pork	0,30
07010	Bologna, pork	0,30
07011	Bologna, turkey	0,30
07039	Lebanon bologna, beef	0,30
07063	Pork sausage, link/patty, unprepared	0,30
07970	Kielbasa, fully cooked, unheated	0,30
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0,30
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0,30
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	0,30
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0,30
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0,30
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0,30
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	0,30
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
09228	Papaya, canned, heavy syrup, drained	0,30
09253	Pears, canned, water pack, solids and liquids	0,30
09254	Pears, canned, juice pack, solids and liquids	0,30
09256	Pears, canned, light syrup pack, solids and liquids	0,30
09257	Pears, canned, heavy syrup pack, solids and liquids	0,30
09267	Pineapple, canned, water pack, solids and liquids	0,30
09268	Pineapple, canned, juice pack, solids and liquids	0,30
09269	Pineapple, canned, light syrup pack, solids and liquids	0,30
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0,30
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0,30
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,30
09374	Pears, canned, heavy syrup, drained	0,30
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0,30
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0,30
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0,30
11167	Corn, sweet, yellow, raw	0,30
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0,30
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,30
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,30
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,30
11294	Onions, sweet, raw	0,30
11363	Potatoes, baked, flesh, without salt	0,30
11430	Radishes, oriental, raw	0,30
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,30
11435	Rutabagas, raw	0,30
11438	Salsify, cooked, boiled, drained, without salt	0,30
11588	Waterchestnuts, chinese, (matai), raw	0,30
11603	Yambean (jicama), raw	0,30
11609	Beets, pickled, canned, solids and liquids	0,30
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0,30
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0,30
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0,30
11829	Potatoes, baked, flesh, with salt	0,30
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,30
11852	Salsify, cooked, boiled, drained, with salt	0,30

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
11900	Corn, sweet, white, raw	0,30
11907	Corn, sweet, white, canned, cream style, no salt added	0,30
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0,30
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0,30
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0,30
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0,30
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0,30
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0,30
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0,30
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0,30
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0,30
15140	Crustaceans, crab, blue, cooked, moist heat	0,30
15141	Crustaceans, crab, blue, canned	0,30
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0,30
15160	Mollusks, clam, mixed species, canned, drained solids	0,30
16098	Peanut butter, smooth style, with salt	0,30
16398	Peanut butter, smooth style, without salt	0,30
18217	Crackers, matzo, plain	0,30
18236	Cracker meal	0,30
19070	Candies, butterscotch	0,30
19095	Ice creams, vanilla	0,30
19188	Puddings, chocolate, dry mix, regular	0,30
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0,30
19270	Ice creams, chocolate	0,30
19293	Frozen yogurts, vanilla, soft-serve	0,30
19300	Jellies	0,30
19382	Candies, taffy, prepared-from-recipe	0,30
19898	Ice creams, regular, low carbohydrate, vanilla	0,30
19899	Ice creams, regular, low carbohydrate, chocolate	0,30
20014	Corn grain, yellow	0,30
20015	Corn bran, crude	0,30
20016	Corn flour, whole-grain, yellow	0,30
20018	Corn flour, yellow, degermed, unenriched	0,30
20020	Cornmeal, whole-grain, yellow	0,30
20032	Millet, cooked	0,30

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
20081	Wheat flour, white, all-purpose, enriched, bleached	0,30
20082	Wheat flour, white, all-purpose, self-rising, enriched	0,30
20083	Wheat flour, white, bread, enriched	0,30
20084	Wheat flour, white, cake, enriched	0,30
20106	Macaroni, vegetable, enriched, cooked	0,30
20129	Wheat flours, bread, unenriched	0,30
20316	Corn flour, whole-grain, white	0,30
20320	Cornmeal, whole-grain, white	0,30
20481	Wheat flour, white, all-purpose, unenriched	0,30
20581	Wheat flour, white, all-purpose, enriched, unbleached	0,30
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0,30
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0,30
23557	Beef, ground, 95% lean meat / 5% fat, raw	0,30
27046	Sauce, duck, ready-to-serve	0,30
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0,30
32009	Pasta mix, classic beef, unprepared	0,30
35140	Bread, kneel down (Navajo)	0,30
42129	Bologna, beef and pork, low fat	0,30
42161	Bologna, beef, low fat	0,30
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0,30
42186	Frozen yogurts, chocolate	0,30
42187	Frozen yogurts, flavors other than chocolate	0,30
42280	Frankfurter, meat and poultry, low fat	0,30
43384	Beef, bologna, reduced sodium	0,30
43507	Frankfurter, low sodium	0,30
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	0,30
01061	Cheese, American, nonfat or fat free	0,20
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,20
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,20
01105	Milk, chocolate beverage, hot cocoa, homemade	0,20
01110	Milk shakes, thick chocolate	0,20
01111	Milk shakes, thick vanilla	0,20
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0,20
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,20
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0,20

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,20
01186	Cheese, cream, fat free	0,20
01199	Cream, half and half, fat free	0,20
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0,20
01226	Egg substitute, liquid or frozen, fat free	0,20
01287	Yogurt, Greek, plain, lowfat	0,20
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0,20
03048	Babyfood, macaroni and cheese, toddler	0,20
03089	Babyfood, dinner, macaroni and cheese, strained	0,20
03090	Babyfood, dinner, macaroni and cheese, junior	0,20
03098	Babyfood, vegetables, beets, strained	0,20
03112	Babyfood, potatoes, toddler	0,20
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0,20
03224	Babyfood, dessert, cherry vanilla pudding, strained	0,20
03225	Babyfood, dessert, cherry vanilla pudding, junior	0,20
03280	Babyfood, fruit, bananas with tapioca, junior	0,20
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0,20
03694	Babyfood, cereal, rice, prepared with whole milk	0,20
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0,20
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0,20
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0,20
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0,20
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0,20
05335	Chicken, feet, boiled	0,20
05353	USDA Commodity, chicken fajita strips, frozen	0,20
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0,20
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0,20
06122	Gravy, mushroom, dry, powder	0,20
06169	Sauce, ready-to-serve, pepper, TABASCO	0,20
06172	Soup, stock, chicken, home-prepared	0,20
06449	Soup, pea, green, canned, prepared with equal volume water	0,20
06963	Fish broth	0,20
06965	Soup, pea, low sodium, prepared with equal volume water	0,20
06999	Gravy, CAMPBELL'S, chicken	0,20
07964	Frankfurter, meat and poultry, cooked, grilled	0,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	0,20
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0,20
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0,20
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0,20
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0,20
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0,20
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0,20
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	0,20
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	0,20
09443	Juice, apple and grape blend, with added ascorbic acid	0,20
10998	Canadian bacon, cooked, pan-fried	0,20
11080	Beets, raw	0,20
11081	Beets, cooked, boiled, drained	0,20
11082	Beets, canned, regular pack, solids and liquids	0,20
11084	Beets, canned, drained solids	0,20
11285	Onions, canned, solids and liquids	0,20
11436	Rutabagas, cooked, boiled, drained, without salt	0,20
11590	Waterchestnuts, chinese, canned, solids and liquids	0,20
11734	Beets, cooked, boiled. drained, with salt	0,20
11851	Rutabagas, cooked, boiled, drained, with salt	0,20
12104	Nuts, coconut meat, raw	0,20
14182	Beverages, chocolate syrup, prepared with whole milk	0,20
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0,20
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0,20
14262	Beverages, citrus fruit juice drink, frozen concentrate	0,20
14282	Beverages, grape juice drink, canned	0,20
14292	Lemonade, frozen concentrate, white	0,20
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0,20
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0,20
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0,20
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0,20
14639	Beverages, rice milk, unsweetened	0,20
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0,20
15041	Fish, herring, Atlantic, pickled	0,20
15072	Fish, roe, mixed species, raw	0,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
15121	Fish, tuna, light, canned in water, drained solids	0,20
15157	Mollusks, clam, mixed species, raw	0,20
15162	Mollusks, clam, mixed species, canned, liquid	0,20
15250	Mollusks, conch, baked or broiled	0,20
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0,20
18041	Bread, pita, white, enriched	0,20
18055	Bread, reduced-calorie, wheat	0,20
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0,20
18133	Cake, sponge, commercially prepared	0,20
18175	Cookies, ladyfingers, with lemon juice and rind	0,20
19094	Desserts, flan, caramel custard, prepared-from-recipe	0,20
19168	Desserts, egg custard, baked, prepared-from-recipe	0,20
19170	Egg custards, dry mix, prepared with whole milk	0,20
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0,20
19193	Puddings, rice, ready-to-eat	0,20
19205	Egg custards, dry mix, prepared with 2% milk	0,20
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0,20
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0,20
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0,20
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0,20
19366	Toppings, pineapple	0,20
19433	Tortilla chips, low fat, baked without fat	0,20
19924	Syrup, NESTLE, chocolate	0,20
20030	Hominy, canned, white	0,20
20037	Rice, brown, long-grain, cooked	0,20
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	0,20
22247	Macaroni and Cheese, canned entree	0,20
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0,20
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,20
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0,20
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0,20
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,20
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0,20
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0,20
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0,20

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,20
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,20
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0,20
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,20
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,20
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0,20
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,20
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,20
27050	Sauce, sweet and sour, ready-to-serve	0,20
32016	Macaroni or noodles with cheese, microwaveable, unprepared	0,20
35234	Piki bread, made from blue cornmeal (Hopi)	0,20
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	0,20
42120	Babyfood, mixed fruit juice with low fat yogurt	0,20
42150	Babyfood, apple yogurt dessert, strained	0,20
43004	Babyfood, dessert, banana pudding, strained	0,20
43078	Beverage, milkshake mix, dry, not chocolate	0,20
43450	Frozen novelties, juice type, juice with cream	0,20
43535	Babyfood, juice, apple - cherry	0,20
44110	Jellies, reduced sugar, home preserved	0,20
01016	Cheese, cottage, lowfat, 1% milkfat	0,10
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0,10
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,10
01088	Milk, buttermilk, fluid, cultured, lowfat	0,10
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0,10
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0,10
01115	Whey, sweet, dried	0,10
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0,10
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0,10
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0,10
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0,10
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,10
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0,10
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0,10
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0,10
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0,10

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
01286	Yogurt, Greek, vanilla, nonfat	0,10
03172	Babyfood, juice, orange	0,10
03174	Babyfood, juice, orange and apple and banana	0,10
03267	Babyfood, juice, fruit punch, with calcium	0,10
04367	Salad dressing, french dressing, fat-free	0,10
04631	Margarine-like, vegetable oil spread, fat-free, tub	0,10
06116	Gravy, beef, canned, ready-to-serve	0,10
06128	Soup, chicken noodle, dry, mix	0,10
06170	Soup, stock, beef, home-prepared	0,10
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0,10
06423	Soup, chicken with rice, canned, prepared with equal volume water	0,10
06494	Soup, onion, dry, mix, prepared with water	0,10
07959	Bologna, chicken, pork, beef	0,10
07962	Frankfurter, meat and poultry, unheated	0,10
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0,10
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	0,10
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0,10
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0,10
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	0,10
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0,10
08100	Cereals, CREAM OF RICE, dry	0,10
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0,10
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0,10
08116	Cereals, MALT-O-MEAL, original, plain, dry	0,10
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0,10
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	0,10
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	0,10
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	0,10
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0,10
09153	Lemon juice from concentrate, canned or bottled	0,10
09206	Orange juice, raw	0,10
09207	Orange juice, canned, unsweetened	0,10
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0,10
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,10
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
09326	Watermelon, raw	0,10
09437	Tamarind nectar, canned	0,10
09452	Orange Pineapple Juice Blend	0,10
09524	Lemon juice from concentrate, bottled, REAL LEMON	0,10
10860	Pork, cured, bacon, cooked, baked	0,10
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0,10
11216	Ginger root, raw	0,10
11226	Jerusalem-artichokes, raw	0,10
11241	Kohlrabi, raw	0,10
11242	Kohlrabi, cooked, boiled, drained, without salt	0,10
11255	Lotus root, cooked, boiled, drained, without salt	0,10
11564	Turnips, raw	0,10
11565	Turnips, cooked, boiled, drained, without salt	0,10
11567	Turnips, frozen, cooked, boiled, drained, without salt	0,10
11735	Beets, canned, no salt added, solids and liquids	0,10
11793	Kohlrabi, cooked, boiled, drained, with salt	0,10
11889	Turnips, cooked, boiled, drained, with salt	0,10
11890	Turnips, frozen, cooked, boiled, drained, with salt	0,10
12116	Nuts, coconut cream, canned, sweetened	0,10
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0,10
13320	Beef, variety meats and by-products, brain, cooked, simmered	0,10
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0,10
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0,10
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0,10
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0,10
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	0,10
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0,10
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0,10
14179	Beverages, coffee, ready to drink, milk based, sweetened	0,10
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0,10
14194	Beverages, Cocoa mix, powder, prepared with water	0,10
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0,10
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0,10
14209	Beverages, coffee, brewed, prepared with tap water	0,10
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0,10

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
14217	Beverages, OCEAN SPRAY, Cran Grape	0,10
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0,10
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0,10
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0,10
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0,10
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0,10
14256	Beverages, OCEAN SPRAY, Cran Cherry	0,10
14257	Beverages, OCEAN SPRAY, Light Cranberry	0,10
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0,10
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0,10
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0,10
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0,10
14327	Beverages, orange and apricot juice drink, canned	0,10
14334	Beverages, pineapple and grapefruit juice drink, canned	0,10
14341	Beverages, pineapple and orange juice drink, canned	0,10
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0,10
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0,10
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,10
14542	Lemonade, frozen concentrate, pink	0,10
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0,10
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0,10
15001	Fish, anchovy, european, raw	0,10
15008	Fish, carp, raw	0,10
15014	Fish, cisco, smoked	0,10
15015	Fish, cod, Atlantic, raw	0,10
15016	Fish, cod, Atlantic, cooked, dry heat	0,10
15017	Fish, cod, Atlantic, canned, solids and liquid	0,10
15020	Fish, croaker, Atlantic, raw	0,10
15028	Fish, flatfish (flounder and sole species), raw	0,10
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0,10
15033	Fish, haddock, raw	0,10
15034	Fish, haddock, cooked, dry heat	0,10
15035	Fish, haddock, smoked	0,10
15038	Fish, halibut, Greenland, raw	0,10
15039	Fish, herring, Atlantic, raw	0,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
15040	Fish, herring, Atlantic, cooked, dry heat	0,10
15042	Fish, herring, Atlantic, kippered	0,10
15048	Fish, mackerel, jack, canned, drained solids	0,10
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0,10
15051	Fish, mackerel, spanish, raw	0,10
15055	Fish, mullet, striped, raw	0,10
15057	Fish, ocean perch, Atlantic, raw	0,10
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0,10
15060	Fish, perch, mixed species, raw	0,10
15062	Fish, pike, northern, raw	0,10
15065	Fish, pollock, Atlantic, raw	0,10
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0,10
15068	Fish, pompano, florida, raw	0,10
15077	Fish, salmon, chinook, smoked	0,10
15080	Fish, salmon, chum, canned, drained solids with bone	0,10
15081	Fish, salmon, coho, wild, raw	0,10
15085	Fish, salmon, sockeye, raw	0,10
15086	Fish, salmon, sockeye, cooked, dry heat	0,10
15087	Fish, salmon, sockeye, canned, drained solids	0,10
15090	Fish, scup, raw	0,10
15091	Fish, sea bass, mixed species, raw	0,10
15094	Fish, shad, american, raw	0,10
15095	Fish, shark, mixed species, raw	0,10
15099	Fish, smelt, rainbow, raw	0,10
15101	Fish, snapper, mixed species, raw	0,10
15104	Fish, sturgeon, mixed species, raw	0,10
15105	Fish, sturgeon, mixed species, cooked, dry heat	0,10
15106	Fish, sturgeon, mixed species, smoked	0,10
15109	Fish, surimi	0,10
15110	Fish, swordfish, raw	0,10
15111	Fish, swordfish, cooked, dry heat	0,10
15114	Fish, trout, mixed species, raw	0,10
15127	Fish, tuna, fresh, yellowfin, raw	0,10
15130	Fish, whitefish, mixed species, raw	0,10
15131	Fish, whitefish, mixed species, smoked	0,10

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
15132	Fish, whiting, mixed species, raw	0,10
15133	Fish, whiting, mixed species, cooked, dry heat	0,10
15135	Fish, yellowtail, mixed species, raw	0,10
15145	Crustaceans, crayfish, mixed species, wild, raw	0,10
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0,10
15164	Mollusks, mussel, blue, raw	0,10
15166	Mollusks, octopus, common, raw	0,10
15170	Mollusks, oyster, eastern, canned	0,10
15177	Mollusks, whelk, unspecified, raw	0,10
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0,10
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0,10
15230	Mollusks, octopus, common, cooked, moist heat	0,10
15231	Mollusks, oyster, Pacific, cooked, moist heat	0,10
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0,10
15240	Fish, trout, rainbow, farmed, raw	0,10
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0,10
15247	Fish, salmon, coho, wild, cooked, dry heat	0,10
15253	Salmon, sockeye, canned, total can contents	0,10
15260	Fish, salmon, pink, canned, drained solids	0,10
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0,10
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0,10
18087	Cake, angelfood, dry mix	0,10
18088	Cake, angelfood, dry mix, prepared	0,10
18451	Cake, pound, commercially prepared, fat-free	0,10
19018	Fruit syrup	0,10
19102	Candies, fudge, peanut butter, prepared-from-recipe	0,10
19202	Puddings, vanilla, dry mix, instant	0,10
19235	Puddings, chocolate, ready-to-eat, fat free	0,10
19322	Puddings, coconut cream, dry mix, instant	0,10
19324	Puddings, coconut cream, dry mix, regular	0,10
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0,10
20029	Couscous, cooked	0,10
20044	Rice, white, long-grain, regular, raw, enriched	0,10
20046	Rice, white, long-grain, parboiled, enriched, dry	0,10
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0,10

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
20120	Pasta, dry, enriched	0,10
20420	Pasta, dry, unenriched	0,10
20444	Rice, white, long-grain, regular, raw, unenriched	0,10
20446	Rice, white, long-grain, parboiled, unenriched, dry	0,10
23477	Beef, ground, 97% lean meat / 3% fat, raw	0,10
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0,10
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0,10
42189	Milk, buttermilk, fluid, cultured, reduced fat	0,10
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0,10
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0,10
43346	Frozen novelties, juice type, orange	0,10
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0,10
43369	Beverages, Chocolate-flavored drink, whey and milk based	0,10
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0,10
43497	Jellyfish, dried, salted	0,10
43539	Babyfood, dessert, banana yogurt, strained	0,10
43550	Babyfood, banana apple dessert, strained	0,10
80200	Frog legs, raw	0,10
90560	Mollusks, snail, raw	0,10
93600	Turtle, green, raw	0,10
01012	Cheese, cottage, creamed, large or small curd	0,00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,00
01015	Cheese, cottage, lowfat, 2% milkfat	0,00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0,00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0,00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0,00
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0,00
01112	Whey, acid, fluid	0,00
01113	Whey, acid, dried	0,00
01114	Whey, sweet, fluid	0,00
01124	Egg, white, raw, fresh	0,00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0,00
01136	Egg, white, dried, powder, stabilized, glucose reduced	0,00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0,00
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
01172	Egg, white, raw, frozen, pasteurized	0,00
01173	Egg, white, dried	0,00
01180	Sour cream, fat free	0,00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0,00
01187	Yogurt, chocolate, nonfat milk	0,00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0,00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	0,00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0,00
01256	Yogurt, Greek, plain, nonfat	0,00
01258	Egg, white, dried, stabilized, glucose reduced	0,00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0,00
01284	Yogurt, Greek, strawberry, lowfat	0,00
01285	Yogurt, Greek, strawberry, nonfat	0,00
01295	Yogurt, vanilla, non-fat	0,00
02005	Spices, caraway seed	0,00
02007	Spices, celery seed	0,00
02025	Spices, nutmeg, ground	0,00
02033	Spices, poppy seed	0,00
02047	Salt, table	0,00
02048	Vinegar, cider	0,00
02050	Vanilla extract	0,00
02052	Vanilla extract, imitation, no alcohol	0,00
02053	Vinegar, distilled	0,00
03001	Babyfood, juice treats, fruit medley, toddler	0,00
03005	Babyfood, meat, veal, strained	0,00
03008	Babyfood, meat, ham, strained	0,00
03009	Babyfood, meat, ham, junior	0,00
03015	Babyfood, meat, turkey, strained	0,00
03016	Babyfood, meat, turkey, junior	0,00
03017	Babyfood, meat, turkey sticks, junior	0,00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0,00
03119	Babyfood, vegetables, corn, creamed, strained	0,00
03120	Babyfood, vegetables, corn, creamed, junior	0,00
03129	Babyfood, fruit, bananas with tapioca, strained	0,00
03166	Babyfood, juice, apple	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
03167	Babyfood, apple-banana juice	0,00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0,00
03245	Babyfood, dessert, custard pudding, vanilla, strained	0,00
03246	Babyfood, dessert, custard pudding, vanilla, junior	0,00
03265	Babyfood, juice, apple and grape	0,00
03269	Babyfood, juice, apple, with calcium	0,00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0,00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,00
04001	Fat, beef tallow	0,00
04002	Lard	0,00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0,00
04520	Fat, mutton tallow	0,00
04542	Fat, chicken	0,00
04574	Fat, duck	0,00
04575	Fat, turkey	0,00
04606	Meat drippings (lard, beef tallow, mutton tallow)	0,00
04609	Animal fat, bacon grease	0,00
04679	Oil, PAM cooking spray, original	0,00
04705	Salad dressing, caesar, fat-free	0,00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0,00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0,00
05023	Chicken, gizzard, all classes, raw	0,00
05024	Chicken, gizzard, all classes, cooked, simmered	0,00
05027	Chicken, liver, all classes, raw	0,00
05028	Chicken, liver, all classes, cooked, simmered	0,00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0,00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0,00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0,00
05105	Chicken, broilers or fryers, wing, meat only, raw	0,00
05165	Turkey, whole, meat and skin, raw	0,00
05166	Turkey, whole, meat and skin, cooked, roasted	0,00
05167	Turkey, whole, meat only, raw	0,00
05168	Turkey, whole, meat only, cooked, roasted	0,00
05169	Turkey, skin from whole, (light and dark), raw	0,00
05170	Turkey, skin from whole (light and dark), roasted	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
05171	Turkey, whole, giblets, raw	0,00
05172	Turkey, whole, giblets, cooked, simmered	0,00
05173	Turkey, gizzard, all classes, raw	0,00
05174	Turkey, gizzard, all classes, cooked, simmered	0,00
05175	Turkey, heart, all classes, raw	0,00
05176	Turkey, heart, all classes, cooked, simmered	0,00
05177	Turkey, liver, all classes, raw	0,00
05178	Turkey, liver, all classes, cooked, simmered	0,00
05179	Turkey from whole, neck, meat only, raw	0,00
05180	Turkey from whole, neck, meat only, cooked, simmered	0,00
05181	Turkey from whole, light meat, meat and skin, raw	0,00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0,00
05183	Turkey, dark meat, meat and skin, raw	0,00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0,00
05185	Turkey from whole, light meat, raw	0,00
05186	Turkey, all classes, light meat, cooked, roasted	0,00
05187	Turkey from whole, dark meat, meat only, raw	0,00
05188	Turkey, from whole, dark meat, cooked, roasted	0,00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0,00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0,00
05215	Turkey, back from whole bird, meat only, raw	0,00
05216	Turkey, back, from whole bird, meat only, roasted	0,00
05219	Turkey, breast, from whole bird, meat only, raw	0,00
05220	Turkey, breast, from whole bird, meat only, roasted	0,00
05228	Turkey, wing, from whole bird, meat only, roasted	0,00
05305	Ground turkey, raw	0,00
05306	Ground turkey, cooked	0,00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0,00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	0,00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0,00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0,00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0,00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0,00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0,00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0,00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0,00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0,00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0,00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0,00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0,00
05354	USDA Commodity, turkey taco meat, frozen, cooked	0,00
05356	Chicken, broiler, rotisserie, BBQ, skin	0,00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0,00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0,00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0,00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0,00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0,00
05661	Chicken, liver, all classes, cooked, pan-fried	0,00
05662	Ground turkey, fat free, raw	0,00
05663	Ground turkey, fat free, pan-broiled crumbles	0,00
05664	Ground turkey, fat free, patties, broiled	0,00
05665	Ground turkey, 93% lean, 7% fat, raw	0,00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0,00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0,00
05668	Ground turkey, 85% lean, 15% fat, raw	0,00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0,00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0,00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0,00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0,00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0,00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0,00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0,00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0,00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0,00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0,00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0,00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0,00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0,00
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
05696	Turkey from whole, light meat, meat only, with added solution, raw	0,00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0,00
05698	Turkey, skin from whole (light and dark), with added solution, raw	0,00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0,00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0,00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0,00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0,00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0,00
05704	Turkey, whole, meat only, with added solution, raw	0,00
05705	Turkey, whole, meat only, with added solution, roasted	0,00
05706	Turkey, whole, meat and skin, with added solution, raw	0,00
05707	Turkey, whole, meat and skin, with added solution, roasted	0,00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0,00
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0,00
05710	Turkey, retail parts, breast, meat only, raw	0,00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0,00
05712	Turkey, retail parts, wing, meat only, raw	0,00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0,00
05714	Turkey, skin, from retail parts, from dark meat, raw	0,00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0,00
05716	Turkey, retail parts, drumstick, meat only, raw	0,00
05717	Turkey, retail parts, thigh, meat only, raw	0,00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0,00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0,00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0,00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0,00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0,00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0,00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0,00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0,00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0,00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0,00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0,00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0,00
05732	Turkey, retail parts, breast, meat and skin, raw	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0,00
05734	Turkey, retail parts, wing, meat and skin, raw	0,00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0,00
05736	Turkey, retail parts, drumstick, meat and skin, raw	0,00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0,00
05738	Turkey, drumstick, from whole bird, meat only, raw	0,00
05739	Turkey, drumstick, from whole bird, meat only, roasted	0,00
05740	Turkey, thigh, from whole bird, meat only, raw	0,00
05741	Turkey, thigh, from whole bird, meat only, roasted	0,00
05742	Turkey, retail parts, thigh, meat and skin, raw	0,00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0,00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0,00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0,00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0,00
06008	Soup, beef broth or bouillon canned, ready-to-serve	0,00
06013	Soup, chicken broth, canned, condensed	0,00
06019	Soup, chicken noodle, canned, condensed	0,00
06032	Soup, beef broth bouillon and consomme, canned, condensed	0,00
06076	Soup, beef broth, cubed, dry	0,00
06080	Soup, chicken broth or bouillon, dry	0,00
06081	Soup, chicken broth cubes, dry	0,00
06112	Sauce, teriyaki, ready-to-serve	0,00
06125	Gravy, turkey, canned, ready-to-serve	0,00
06174	Soup, stock, fish, home-prepared	0,00
06176	Sauce, oyster, ready-to-serve	0,00
06179	Sauce, fish, ready-to-serve	0,00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0,00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0,00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0,00
06194	Soup, chicken broth, ready-to-serve	0,00
06413	Soup, chicken broth, canned, prepared with equal volume water	0,00
06419	Soup, chicken noodle, canned, prepared with equal volume water	0,00
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0,00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0,00
06475	Soup, beef broth or bouillon, powder, prepared with water	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
06476	Soup, beef broth, cubed, prepared with water	0,00
06480	Soup, chicken broth or bouillon, dry, prepared with water	0,00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0,00
06970	Soup, chicken broth, low sodium, canned	0,00
06977	Gravy, meat or poultry, low sodium, prepared	0,00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0,00
07005	Blood sausage	0,00
07015	Brotwurst, pork, beef, link	0,00
07024	Frankfurter, chicken	0,00
07025	Frankfurter, turkey	0,00
07026	Ham, chopped, canned	0,00
07027	Ham, chopped, not canned	0,00
07028	Ham, sliced, packaged (96% fat free, water added)	0,00
07029	Ham, sliced, regular (approximately 11% fat)	0,00
07030	Ham, minced	0,00
07031	Ham salad spread	0,00
07032	Ham and cheese loaf or roll	0,00
07044	USDA Commodity, luncheon meat, canned	0,00
07045	Luncheon meat, pork, canned	0,00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0,00
07052	Pastrami, turkey	0,00
07053	Pate, chicken liver, canned	0,00
07064	Pork sausage, link/patty, cooked, pan-fried	0,00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0,00
07067	Poultry salad sandwich spread	0,00
07072	Salami, dry or hard, pork, beef	0,00
07074	Smoked link sausage, pork	0,00
07075	Sausage, smoked link sausage, pork and beef	0,00
07081	Turkey breast, sliced, prepackaged	0,00
07900	Turkey, pork, and beef sausage, low fat, smoked	0,00
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0,00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0,00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	0,00
07932	Chicken breast, fat-free, mesquite flavor, sliced	0,00
07933	Chicken breast, oven-roasted, fat-free, sliced	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	0,00
07944	Turkey, white, rotisserie, deli cut	0,00
07952	Bologna, chicken, turkey, pork	0,00
07955	Turkey sausage, fresh, raw	0,00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0,00
07965	Pork sausage, link/patty, reduced fat, unprepared	0,00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0,00
07968	Kielbasa, fully cooked, grilled	0,00
07969	Kielbasa, fully cooked, pan-fried	0,00
07973	Turkey bacon, microwaved	0,00
07978	Pork sausage, reduced sodium, cooked	0,00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0,00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0,00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0,00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0,00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0,00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0,00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0,00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0,00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0,00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0,00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0,00
08113	Cereals, farina, enriched, cooked with water, without salt	0,00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0,00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0,00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0,00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,00
08173	Cereals, farina, enriched, cooked with water, with salt	0,00
08177	Cereals, MALT-O-MEAL, chocolate, dry	0,00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	0,00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	0,00
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	0,00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0,00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0,00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	0,00
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	0,00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	0,00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0,00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0,00
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0,00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0,00
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0,00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0,00
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0,00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0,00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0,00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0,00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0,00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0,00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0,00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	0,00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	0,00
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	0,00
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	0,00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0,00
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0,00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0,00
09060	Carambola, (starfruit), raw	0,00
09111	Grapefruit, raw, pink and red and white, all areas	0,00
09112	Grapefruit, raw, pink and red, all areas	0,00
09116	Grapefruit, raw, white, all areas	0,00
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,00
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0,00
09123	Grapefruit juice, white, canned or bottled, unsweetened	0,00
09124	Grapefruit juice, white, canned, sweetened	0,00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
09127	Grapefruit juice, pink or red, with added calcium	0,00
09128	Grapefruit juice, white, raw	0,00
09149	Kumquats, raw	0,00
09150	Lemons, raw, without peel	0,00
09152	Lemon juice, raw	0,00
09154	Lemon juice, frozen, unsweetened, single strength	0,00
09156	Lemon peel, raw	0,00
09200	Oranges, raw, all commercial varieties	0,00
09202	Oranges, raw, navels	0,00
09203	Oranges, raw, Florida	0,00
09209	Orange juice, chilled, includes from concentrate	0,00
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,00
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,00
09218	Tangerines, (mandarin oranges), raw	0,00
09219	Tangerines, (mandarin oranges), canned, juice pack	0,00
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0,00
09221	Tangerine juice, raw	0,00
09223	Tangerine juice, canned, sweetened	0,00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0,00
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0,00
09433	Clementines, raw	0,00
09434	Guanabana nectar, canned	0,00
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0,00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,00
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0,00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0,00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0,00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0,00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0,00
10004	Pork, fresh, backfat, raw	0,00
10005	Pork, fresh, belly, raw	0,00
10006	Pork, fresh, separable fat, raw	0,00
10007	Pork, fresh, separable fat, cooked	0,00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0,00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0,00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0,00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0,00
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0,00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0,00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0,00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0,00
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0,00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0,00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0,00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	0,00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0,00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0,00
10024	Pork, fresh, loin, whole, separable lean only, raw	0,00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	0,00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0,00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0,00
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0,00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0,00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0,00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0,00
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0,00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0,00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0,00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0,00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0,00
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0,00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0,00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0,00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0,00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0,00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0,00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0,00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0,00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0,00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0,00
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0,00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0,00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0,00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0,00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0,00
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0,00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0,00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0,00
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0,00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0,00
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	0,00
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0,00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0,00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0,00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0,00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0,00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0,00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0,00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0,00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0,00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0,00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0,00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	0,00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0,00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	0,00
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0,00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0,00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0,00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0,00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0,00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0,00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	0,00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0,00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0,00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0,00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	0,00
10088	Pork, fresh, spareribs, separable lean and fat, raw	0,00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	0,00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0,00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0,00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0,00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0,00
10102	Pork, fresh, variety meats and by-products, feet, raw	0,00
10119	Pork, fresh, variety meats and by-products, stomach, raw	0,00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0,00
10123	Pork, cured, bacon, unprepared	0,00
10130	Canadian bacon, unprepared	0,00
10132	Pork, cured, feet, pickled	0,00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0,00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0,00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0,00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0,00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0,00
10152	Pork, cured, ham, whole, separable lean only, unheated	0,00
10153	Pork, cured, ham, whole, separable lean only, roasted	0,00
10158	USDA Commodity, pork, canned	0,00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0,00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0,00
10165	Pork, cured, salt pork, raw	0,00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0,00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0,00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0,00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0,00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0,00
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0,00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0,00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0,00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0,00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0,00
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0,00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0,00
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0,00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0,00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0,00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0,00
10192	Pork, fresh, backribs, separable lean and fat, raw	0,00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0,00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0,00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0,00
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0,00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0,00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0,00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0,00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0,00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0,00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0,00
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0,00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0,00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0,00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0,00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0,00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0,00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0,00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0,00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0,00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0,00
10220	Pork, fresh, ground, cooked	0,00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0,00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0,00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0,00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0,00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0,00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0,00
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0,00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0,00
10864	Pork, bacon, rendered fat, cooked	0,00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0,00
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0,00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0,00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0,00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0,00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0,00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0,00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0,00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0,00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0,00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0,00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0,00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0,00
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0,00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0,00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0,00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0,00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0,00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0,00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0,00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0,00
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0,00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0,00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0,00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0,00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0,00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0,00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0,00
10895	Pork, cured, ham, separable fat, boneless, unheated	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10898	Pork, pickled pork hocks	0,00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0,00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0,00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0,00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0,00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0,00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0,00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0,00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0,00
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0,00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0,00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0,00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0,00
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0,00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0,00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0,00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0,00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0,00
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0,00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0,00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0,00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0,00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0,00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0,00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0,00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0,00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0,00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0,00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0,00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0,00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0,00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0,00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0,00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0,00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0,00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0,00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0,00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0,00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0,00
10942	Pork, fresh, composite of separable fat, with added solution, raw	0,00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0,00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0,00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0,00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0,00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0,00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0,00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0,00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0,00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0,00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0,00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0,00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0,00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0,00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0,00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0,00
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0,00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0,00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	0,00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0,00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	0,00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0,00
10972	Pork, ground, 84% lean / 16% fat, raw	0,00
10973	Pork, ground, 96% lean / 4% fat, raw	0,00
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0,00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0,00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0,00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0,00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0,00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0,00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0,00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0,00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0,00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0,00
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0,00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0,00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0,00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0,00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0,00
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0,00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0,00
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0,00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0,00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0,00
11026	Bamboo shoots, raw	0,00
11028	Bamboo shoots, canned, drained solids	0,00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0,00
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0,00
11174	Corn, sweet, yellow, canned, cream style, regular pack	0,00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0,00
11243	Mushrooms, portabella, grilled	0,00
11260	Mushrooms, white, raw	0,00
11261	Mushrooms, white, cooked, boiled, drained, without salt	0,00
11263	Mushrooms, white, stir-fried	0,00
11264	Mushrooms, canned, drained solids	0,00
11265	Mushrooms, portabella, raw	0,00
11266	Mushrooms, brown, italian, or crimini, raw	0,00
11267	Mushrooms, shiitake, stir-fried	0,00
11268	Mushrooms, shiitake, dried	0,00
11269	Mushrooms, shiitake, cooked, without salt	0,00
11413	Potato flour	0,00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0,00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0,00
11772	Corn, sweet, yellow, canned, cream style, no salt added	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0,00
11797	Mushrooms, white, cooked, boiled, drained, with salt	0,00
11798	Mushrooms, shiitake, cooked, with salt	0,00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0,00
11905	Corn, sweet, white, canned, whole kernel, drained solids	0,00
11906	Corn, sweet, white, canned, cream style, regular pack	0,00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0,00
11938	Mushroom, white, exposed to ultraviolet light, raw	0,00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0,00
11950	Mushrooms, enoki, raw	0,00
11987	Mushrooms, oyster, raw	0,00
11993	Mushrooms, maitake, raw	0,00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0,00
12023	Seeds, sesame seeds, whole, dried	0,00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	0,00
12036	Seeds, sunflower seed kernels, dried	0,00
12061	Nuts, almonds	0,00
12062	Nuts, almonds, blanched	0,00
12063	Nuts, almonds, dry roasted, without salt added	0,00
12065	Nuts, almonds, oil roasted, without salt added	0,00
12071	Nuts, almond paste	0,00
12078	Nuts, brazilnuts, dried, unblanched	0,00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0,00
12119	Nuts, coconut water (liquid from coconuts)	0,00
12132	Nuts, macadamia nuts, dry roasted, without salt added	0,00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	0,00
12195	Nuts, almond butter, plain, without salt added	0,00
12201	Seeds, sesame seed kernels, dried (decorticated)	0,00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	0,00
12563	Nuts, almonds, dry roasted, with salt added	0,00
12565	Nuts, almonds, oil roasted, with salt added	0,00
12632	Nuts, macadamia nuts, dry roasted, with salt added	0,00
12665	Nuts, almonds, oil roasted, lightly salted	0,00
12695	Nuts, almond butter, plain, with salt added	0,00
13318	Beef, variety meats and by-products, brain, raw	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
13321	Beef, variety meats and by-products, heart, raw	0,00
13323	Beef, variety meats and by-products, kidneys, raw	0,00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0,00
13341	Beef, variety meats and by-products, tripe, raw	0,00
14003	Alcoholic beverage, beer, regular, all	0,00
14006	Alcoholic beverage, beer, light	0,00
14013	Alcoholic beverage, beer, light, low carb	0,00
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0,00
14021	Beverages, Energy drink, Citrus	0,00
14022	Beverages, MONSTER energy drink, low carb	0,00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0,00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0,00
14028	Beverages, Whiskey sour mix, bottled	0,00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0,00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0,00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0,00
14034	Alcoholic beverage, creme de menthe, 72 proof	0,00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0,00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0,00
14049	Alcoholic beverage, distilled, gin, 90 proof	0,00
14050	Alcoholic beverage, distilled, rum, 80 proof	0,00
14054	Beverages, almond milk, chocolate, ready-to-drink	0,00
14057	Alcoholic beverage, wine, dessert, sweet	0,00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0,00
14061	Beverages, Energy Drink, sugar free	0,00
14063	Beverages, chocolate powder, no sugar added	0,00
14064	Beverages, Orange juice, light, No pulp	0,00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0,00
14066	Beverages, Protein powder whey based	0,00
14067	Beverages, Protein powder soy based	0,00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	0,00
14073	Beverages, ZEVIA, cola	0,00
14074	Beverages, ZEVIA, cola, caffeine free	0,00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	0,00
14076	Beverages, ICELANDIC, Glacial Natural spring water	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
14079	Beverages, yellow green colored citrus soft drink with caffeine	0,00
14080	Beverages, rich chocolate, powder	0,00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0,00
14084	Alcoholic beverage, wine, table, all	0,00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0,00
14091	Beverages, almond milk, unsweetened, shelf stable	0,00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0,00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0,00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0,00
14121	Beverages, carbonated, club soda	0,00
14130	Carbonated beverage, cream soda	0,00
14136	Beverages, carbonated, ginger ale	0,00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0,00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0,00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0,00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0,00
14147	Beverages, carbonated, cola, without caffeine	0,00
14148	Beverages, carbonated, cola, regular	0,00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0,00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0,00
14154	Beverages, Energy drink, RED BULL	0,00
14155	Beverages, carbonated, tonic water	0,00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0,00
14157	Beverages, carbonated, root beer	0,00
14161	Beverages, Kiwi Strawberry Juice Drink	0,00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0,00
14165	Beverages, carbonated, limeade, high caffeine	0,00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0,00
14167	Beverages, POWERADE, Zero, Mixed Berry	0,00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0,00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0,00
14180	Beverages, coffee, brewed, breakfast blend	0,00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0,00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0,00
14190	Beverages, tea, green, ready-to-drink, diet	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0,00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0,00
14206	Beverages, tea, green, ready-to-drink, sweetened	0,00
14207	Beverages, tea, ready-to-drink, lemon, diet	0,00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0,00
14215	Beverages, coffee, instant, regular, prepared with water	0,00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0,00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0,00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0,00
14223	Beverages, coffee, instant, chicory	0,00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0,00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0,00
14239	Alcoholic beverage, malt beer, hard lemonade	0,00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0,00
14247	Beverages, tea, black, ready to drink	0,00
14248	Alcoholic beverage, beer, light, higher alcohol	0,00
14251	Alcoholic beverages, beer, higher alcohol	0,00
14252	Beverages, Malt liquor beverage	0,00
14253	Alcoholic beverages, wine, rose	0,00
14260	Beverages, tea, green, brewed, decaffeinated	0,00
14261	Beverages, tea, green, ready to drink, unsweetened	0,00
14264	Beverages, fruit punch drink, without added nutrients, canned	0,00
14267	Beverages, Fruit punch drink, with added nutrients, canned	0,00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0,00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0,00
14276	Beverages, Tropical Punch, ready-to-drink	0,00
14277	Beverages, grape drink, canned	0,00
14278	Beverages, tea, green, brewed, regular	0,00
14279	Beverages, tea, black, ready-to-drink, peach, diet	0,00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0,00
14281	Beverages, tea, black, ready to drink, decaffeinated	0,00
14287	Beverages, Lemonade, powder	0,00
14288	Lemonade, powder, prepared with water	0,00
14293	Lemonade, frozen concentrate, white, prepared with water	0,00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
14303	Limeade, frozen concentrate, prepared with water	0,00
14305	Malt beverage, includes non-alcoholic beer	0,00
14309	Beverages, OVALTINE, Classic Malt powder	0,00
14315	Beverages, OVALTINE, chocolate malt powder	0,00
14323	Beverages, orange drink, canned, with added vitamin C	0,00
14350	Strawberry-flavor beverage mix, powder	0,00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0,00
14353	Beverages, tea, instant, decaffeinated, unsweetened	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	0,00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0,00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0,00
14366	Beverages, tea, instant, unsweetened, powder	0,00
14367	Beverages, tea, instant, unsweetened, prepared with water	0,00
14368	Beverages, tea, instant, lemon, unsweetened	0,00
14370	Beverages, tea, instant, lemon, sweetened, powder	0,00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0,00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0,00
14376	Beverages, tea, instant, lemon, diet	0,00
14381	Beverages, tea, herb, other than chamomile, brewed	0,00
14400	Beverages, carbonated, cola, fast-food cola	0,00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0,00
14407	Beverages, orange-flavor drink, breakfast type, powder	0,00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0,00
14411	Beverages, water, tap, drinking	0,00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0,00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0,00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0,00
14429	Beverages, water, tap, municipal	0,00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0,00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0,00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0,00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0,00
14536	Alcoholic beverage, wine, dessert, dry	0,00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0,00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
14545	Beverages, tea, herb, brewed, chamomile	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0,00
14552	Carbonated beverage, chocolate-flavored soda	0,00
14553	Beverages, Wine, non-alcoholic	0,00
14555	Water, bottled, generic	0,00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0,00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0,00
14625	Beverages, Energy drink, AMP	0,00
14626	Beverages, Energy drink, FULL THROTTLE	0,00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0,00
14628	Beverages, Energy drink, AMP, sugar free	0,00
14629	Beverages, Energy drink, ROCKSTAR	0,00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0,00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0,00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0,00
14638	Beverages, Horchata, as served in restaurant	0,00
14640	Beverages, Energy drink, VAULT, citrus flavor	0,00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0,00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0,00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0,00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0,00
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0,00
14649	Beverages, tea, hibiscus, brewed	0,00
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0,00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0,00
15025	Fish, eel, mixed species, raw	0,00
15036	Fish, halibut, Atlantic and Pacific, raw	0,00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0,00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0,00
15070	Fish, rockfish, Pacific, mixed species, raw	0,00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0,00
15117	Fish, tuna, fresh, bluefin, raw	0,00
15147	Crustaceans, lobster, northern, raw	0,00
15148	Crustaceans, lobster, northern, cooked, moist heat	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
15152	Crustaceans, shrimp, mixed species, canned	0,00
15172	Mollusks, scallop, mixed species, raw	0,00
15175	Mollusks, squid, mixed species, raw	0,00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0,00
16055	Carob flour	0,00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0,00
16087	Peanuts, all types, raw	0,00
16088	Peanuts, all types, cooked, boiled, with salt	0,00
16089	Peanuts, all types, oil-roasted, with salt	0,00
16090	Peanuts, all types, dry-roasted, with salt	0,00
16091	Peanuts, spanish, raw	0,00
16095	Peanuts, virginia, raw	0,00
16099	Peanut flour, defatted	0,00
16104	Bacon, meatless	0,00
16107	Sausage, meatless	0,00
16121	Soy protein concentrate, produced by alcohol extraction	0,00
16122	Soy protein isolate	0,00
16123	Soy sauce made from soy and wheat (shoyu)	0,00
16124	Soy sauce made from soy (tamari)	0,00
16125	Soy sauce made from hydrolyzed vegetable protein	0,00
16167	USDA Commodity, Peanut Butter, smooth	0,00
16389	Peanuts, all types, oil-roasted, without salt	0,00
16390	Peanuts, all types, dry-roasted, without salt	0,00
16420	Soy protein concentrate, produced by acid wash	0,00
16422	Soy protein isolate, potassium type	0,00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0,00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0,00
17218	Veal, variety meats and by-products, thymus, raw	0,00
17219	Veal, variety meats and by-products, thymus, cooked, braised	0,00
18260	English muffins, mixed-grain (includes granola)	0,00
18261	English muffins, mixed-grain, toasted (includes granola)	0,00
18363	Tortillas, ready-to-bake or -fry, corn	0,00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0,00
18370	Leavening agents, baking powder, double-acting, straight phosphate	0,00
18371	Leavening agents, baking powder, low-sodium	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
18372	Leavening agents, baking soda	0,00
18373	Leavening agents, cream of tartar	0,00
18374	Leavening agents, yeast, baker's, compressed	0,00
18948	Pie crust, refrigerated, regular, unbaked	0,00
19030	Syrup, fruit flavored	0,00
19041	Snacks, pork skins, plain	0,00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0,00
19097	Sherbet, orange	0,00
19099	Candies, fondant, prepared-from-recipe	0,00
19106	Candies, gumdrops, starch jelly pieces	0,00
19107	Candies, hard	0,00
19108	Candies, jellybeans	0,00
19113	Syrups, table blends, pancake, with butter	0,00
19116	Candies, marshmallows	0,00
19128	Syrups, table blends, pancake, reduced-calorie	0,00
19129	Syrups, table blends, pancake	0,00
19147	Candies, peanut bar	0,00
19154	Candies, sesame crunch	0,00
19163	Chewing gum	0,00
19172	Gelatin desserts, dry mix	0,00
19173	Gelatin desserts, dry mix, prepared with water	0,00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	0,00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0,00
19177	Gelatins, dry powder, unsweetened	0,00
19206	Puddings, vanilla, dry mix, regular	0,00
19226	Frostings, chocolate, creamy, ready-to-eat	0,00
19233	Puddings, vanilla, ready-to-eat, fat free	0,00
19234	Puddings, tapioca, ready-to-eat, fat free	0,00
19280	Frozen novelties, ice type, lime	0,00
19283	Frozen novelties, ice type, pop	0,00
19296	Honey	0,00
19297	Jams and preserves	0,00
19303	Marmalade, orange	0,00
19304	Molasses	0,00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
19334	Sugars, brown	0,00
19335	Sugars, granulated	0,00
19336	Sugars, powdered	0,00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0,00
19340	Sugars, maple	0,00
19349	Syrups, corn, dark	0,00
19350	Syrups, corn, light	0,00
19351	Syrups, corn, high-fructose	0,00
19353	Syrups, maple	0,00
19355	Syrups, sorghum	0,00
19360	Syrups, table blends, pancake, with 2% maple	0,00
19361	Syrups, table blends, cane and 15% maple	0,00
19364	Toppings, butterscotch or caramel	0,00
19365	Toppings, marshmallow cream	0,00
19375	Frostings, glaze, prepared-from-recipe	0,00
19384	Candies, divinity, prepared-from-recipe	0,00
19419	Snacks, corn cakes	0,00
19423	Snacks, potato chips, fat-free, made with olestra	0,00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0,00
19719	Jams and preserves, apricot	0,00
19858	Candies, sugar-coated almonds	0,00
19867	Ice creams, vanilla, fat free	0,00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0,00
19918	Sweetener, herbal extract powder from Stevia leaf	0,00
19919	Candies, fruit snacks, with high vitamin C	0,00
20001	Amaranth grain, uncooked	0,00
20017	Corn flour, masa, enriched, white	0,00
20019	Corn flour, masa, unenriched, white	0,00
20022	Cornmeal, degermed, enriched, yellow	0,00
20027	Cornstarch	0,00
20035	Quinoa, uncooked	0,00
20045	Rice, white, long-grain, regular, enriched, cooked	0,00
20047	Rice, white, long-grain, parboiled, enriched, cooked	0,00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0,00
20055	Rice, white, glutinous, unenriched, cooked	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
20061	Rice flour, white, unenriched	0,00
20068	Tapioca, pearl, dry	0,00
20110	Noodles, egg, enriched, cooked	0,00
20121	Pasta, cooked, enriched, without added salt	0,00
20133	Rice noodles, dry	0,00
20134	Rice noodles, cooked	0,00
20137	Quinoa, cooked	0,00
20310	Noodles, egg, cooked, enriched, with added salt	0,00
20321	Pasta, cooked, enriched, with added salt	0,00
20322	Cornmeal, degermed, enriched, white	0,00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0,00
20410	Noodles, egg, unenriched, cooked, without added salt	0,00
20421	Pasta, cooked, unenriched, without added salt	0,00
20422	Cornmeal, degermed, unenriched, yellow	0,00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0,00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0,00
20510	Noodles, egg, cooked, unenriched, with added salt	0,00
20521	Pasta, cooked, unenriched, with added salt	0,00
20522	Cornmeal, degermed, unenriched, white	0,00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0,00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0,00
20657	Pasta, gluten-free, corn and rice flour, cooked	0,00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0,00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0,00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0,00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0,00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0,00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0,00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0,00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0,00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0,00

NDB_No	Description	Vitamin K (phyloquinone)(µg) Value Per
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0,00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0,00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0,00
35009	Whale, beluga, meat, dried (Alaska Native)	0,00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	0,00
35200	Prairie Turnips, raw (Northern Plains Indians)	0,00
42040	Syrups, grenadine	0,00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0,00
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0,00
42131	Milk dessert, frozen, milk-fat free, chocolate	0,00
42270	Beverages, Orange juice drink	0,00
42281	Gums, seed gums (includes locust bean, guar)	0,00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0,00
43026	Syrups, sugar free	0,00
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0,00
43046	Candies, nougat, with almonds	0,00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0,00
43058	Candies, hard, dietetic or low calorie (sorbitol)	0,00
43060	Chewing gum, sugarless	0,00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0,00
43098	Pie fillings, cherry, low calorie	0,00
43125	Beans, liquid from stewed kidney beans	0,00
43128	Chicken, meatless	0,00
43130	Frankfurter, meatless	0,00
43131	Luncheon slices, meatless	0,00
43132	Meatballs, meatless	0,00
43134	Vegetarian fillets	0,00
43135	Sandwich spread, meatless	0,00
43137	Vegetarian meatloaf or patties	0,00
43154	Alcoholic beverage, wine, cooking	0,00

NDB_No	Description	Vitamin K (phylloquinone)(µg) Value Per
43155	Alcoholic beverage, wine, light	0,00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0,00
43212	Bacon bits, meatless	0,00
43214	Butter replacement, without fat, powder	0,00
43216	Sweeteners, tabletop, fructose, dry, powder	0,00
43268	Whipped cream substitute, dietetic, made from powdered mix	0,00
43297	Pork, oriental style, dehydrated	0,00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	0,00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	0,00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	0,00
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0,00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	0,00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	0,00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	0,00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	0,00
43406	Yeast extract spread	0,00
43410	Chicken, meatless, breaded, fried	0,00
43479	Alcoholic beverage, rice (sake)	0,00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0,00
43536	Babyfood, dessert, peach yogurt	0,00
43543	Milk, imitation, non-soy	0,00
44018	Sweeteners, tabletop, fructose, liquid	0,00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0,00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0,00
90480	Syrup, Cane	0,00